ULTIMATE **COMFORT FOOD** ISSUE

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taste of home

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photo of every recipe

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FEBRUARY/MARCH 2010

taste of home

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"Cooking is at once child's play and adult joy. And cooking done with care is an act of love." –CRAIG CLAIBORNE // CULINARY WRITER

sheer comfort

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"Real food from real home cooks"

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The *sweetest* treats of the season

This Valentine's Day, share your love with sweet recipes from **tasteofhome.com/valentines**. From decadent chocolate to luscious strawberry creations, you'll find dozens of delicious ways to win hearts with a homemade treat.

White Chocolate Raspberry Thumbprints

Red Velvet Cupcakes with Coconut Frosting

Chocolate Strawberry Shortcakes

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•

Kids' Coloring Book Page
Featuring an easy-to-make recipe

•

Italian Night
Menu ideas for a fun pasta party

•

It's Mardi Gras Time!
Check out our festive recipes and party ideas

•

Bonus Recipes
Five delicious dishes downsized for two

Visit **tasteofhome.com/holiday** to find special holiday recipes

St. Patrick's Day is March 17! Check out our fun Irish recipes at **tasteofhome.com/stpats**

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COMFORT SMELLS WONDERFUL!

Once, I asked our staff to share their favorite food memories. Their responses were immediate and punctuated liberally with "mmm," "yum" and "oh, boy"—as if they were actually taking in the aromas of bacon frying, turkey roasting, bread baking and the other comforting foods they were remembering.

Our sense of smell is strongly tied to memory. That's why we often recall the comfort foods we love by their aroma before their great flavor. Maybe that's why soup makes the comfort food-memory hit parade so often: When it's simmering on the stove, it just smells so darn good! My GaGa's homemade chicken noodle was just such a potion.

GaGa (so named because yours truly could not or would not say Grandma) had no recipe for her soup, and dismissed you with a harrumph if you asked. It started with rich, homemade egg noodles that, once rolled out and cut, would dry on the kitchen counter where grubby kid fingers dared to steal a few, mostly unsuccessfully. (GaGa could detect a sneak two rooms away.) Then came the chicken, which slowly simmered with carrots, celery, onion and an equally secret array of herbs and spices until it just fell apart. By the time it was finally "soup," we were drooling with anticipation. And it tasted every bit as good as it smelled.

This issue, we celebrate the great smells and flavors of some of our best-loved and remembered comfort foods, courtesy of the fabulous reader cooks who share them—our cover soups, quick-to-make with old-fashioned goodness; scrumptious homemade doughnuts and monkey bread; three tasty variations on everyone's favorite, mac and cheese; our delicious ground beef contest winners and much more. Travel to New Orleans for Mardi Gras classics; then read one young man's memories of his Indian mother's comfort food—her terrific recipes and heavenly curry blend included.

Finally, a special thank you to our readers: As we close a decade and look forward to everything this new year holds, on behalf of all of us, I want to extend warm and heartfelt thanks to all of you who make *Taste of Home* the wonderful experience it is. We're grateful for your input and support and having you in our family of sharing, caring cooks. Blessings and much comfort to you and your families in 2010!

Catherine Cassidy
Editor in Chief

QUESTIONS ABOUT YOUR SUBSCRIPTION? Write to *Taste of Home* customer service, P.O. Box 5294, Harlan IA 51593-0794; call 1-800/344-6913 or E-mail *rpsubscustomercare@custhelp.com*

DEAR JANE...

When I was growing up, our yard was filled with fruit. We had plum, pear, peach and sour cherry trees as well as grape vines. The cherries were my favorite. In the summer, we'd pick and pit them for baking and freezing. I particularly enjoyed baking cherry tarts in February for George Washington's birthday. I initially used my recipe from Home Ec class but advanced to a delicious *Taste of Home* recipe. (You'll find it at tasteofhome.com/cherrytart.) I even used the fluted tins in the photo. Why not start your own cherry tradition to celebrate George and Abraham on Presidents' Day?

I love this note sent to me from Marie Fies of Reading, PA:

"When I was a little girl, I used to help my Aunt Lucy bake Christmas cookies. One of my favorites was Date Roll-Ups. I have been trying to get that recipe for years. I am now 70 years old, and my aunt passed away 3 years ago at the age of 90. Can you imagine my excitement when I turned a page in my Oct/Nov '09 issue and there they were...as Pecan Roll-Ups! Thank you, Hannah and Lee Roberts; my search is finally over."

Got a question or comment? Drop me a line at **DearJane@tasteofhome.com**.

Jane Stasik, Editorial Assistant

ENTER OUR HIDE & SEEK CONTEST

Find the doughnut. You could win a $50 gift certificate to Shop Taste of Home.

Go to tasteofhome.com to enter; 100 winners will be drawn from entries with the correct answer. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129. Winners are drawn at random.

THE CAKE WAS HIDDEN ON PAGE 47 IN OUR DEC/JAN 2010 ISSUE.

LAST-MINUTE SUCCESS

My husband surprised me last night by bringing a guest for dinner. I had defrosted ground beef and wanted to do something special, so I tried the Italian Meatball Tortes (Oct/Nov '09). They were a huge hit. Even our exchange student from Spain loved them! Thanks for collecting and publishing all these wonderful recipes.

—**Jill Brock** // GENEVA, IL

LOVE THE LOOK

I have subscribed to *Taste of Home* off and on over the years. I really love the new format (including the ads). The Thanksgiving issue was great, and even with my diet limitations, I was able to find several recipes I'm eager to try.

—**Mary Lynne Wright**
COLORADO SPRINGS, CO

advertisement

Give Your Spuds
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Simply Potatoes® are made with fresh potatoes and real butter, not margarine like some brands, for a taste that's surprisingly close to homemade. They're ready in minutes and with these tasty tips you can jazz them up for endless variety.

- **Kick up the flavor** Beat in ½ cup sour cream and two tbsp. horseradish
- **German-style** Stir in ½ cup sauerkraut then garnish with sautéed onions and crumbled bacon
- **Get rich quick** Stir in ½ cup of sour cream and 1 cup shredded cheddar
- **Go Italian** Add 6 tbsp. of freshly grated Parmesan cheese to Simply Potatoes Garlic Mashed Potatoes
- **Add a French accent** Mash 8 oz. cubed and softened Brie cheese, then stir in
- **Smooth and savory** Mix in ½ tsp. fresh minced rosemary and ¼ tsp. ground nutmeg
- **Ham it up** Add 1½ cups cubed, fully cooked ham and mix well

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SHOWING SUPPORT

In honor of National Cooks Who Care Week last November, Heritage Christian School's Parent Teacher Fellowship (PTF) sponsored a 4-day, school-wide bake sale with all proceeds going to Timmy's Fund, an organization dedicated to assisting families battling childhood cancer. The school raised $250. Donations help to relieve the financial and emotional burden of the families who have children undergoing treatment at West Virginia University Children's Hospital.

—Lori Rhoades, PTF Secretary
BRIDGEPORT, WV

Below, PTF President Lora Wright (left) and school administrator Linda Simms (right) present a check to Tara and Joe Quigley, who started Timmy's Fund in memory of their son.

LOVE LETTER!

Each issue, one lucky reader will receive a TOH apron for sending in our favorite "love" letter of the month. Maggie, your apron is on its way!

A WAY TO HELP

I have been a subscriber to *Taste of Home* for years. I love your magazine and look forward to its arrival in the mail. Your down-to-earthiness and straightforward approach to cooking has always appealed to me. The Oct/Nov '09 issue really hit a spot in my heart, so I wanted to thank you for writing about something I can do something about.

I'm shy and have a difficult time in crowds. By including the Cooks Who Care article about bakinggals.com and their efforts to send goodies to our troops, I have finally found a way to support my country. I'm a baker and a blogger, and I can't wait to get started with this project. Thank you for including this cause in *Taste of Home*. You guys rock!

—Maggie Lauer // BUCKEYE, IN

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FIELD EDITOR SPOTLIGHT

Taste of Home's enthusiastic team of volunteer editors from across the U.S. and Canada share recipes, cooking tips and more with our staff and on-line community.

Take a look at the complete list of Field Editors on page 88; maybe one of them lives in your neighborhood!

You'll find this symbol wherever a TOH Field Editor is featured

SHARON ALLEN // ALLENTOWN, PA

FAMILY STATS: Husband Steve, crew chief for local streets department; two children, Erin, 26, and Seth, 20. Sharon is an administrative assistant in the school district's human resources department.

"I enjoy all aspects of cooking and baking, and my husband is a willing taste-tester. I'm best known at church and family picnics for my desserts. I went back to work full-time 7 years ago and don't bake as often as I used to, so Steve is less willing to share the goodies I make. I enjoy leading church worship. I'm a vocalist on our contemporary worship team, which keeps me young!"

SHANNON ARTHUR // LUCASVILLE, OH

FAMILY STATS: Husband Scott, electronic engineer. Shannon is a homemaker and substitute teacher. They have a dog, Maggie, and a cat, Booger.

"I got married Feb. 28, 2009 and moved to Malaysia (for my husband's job) the very next day. While there, I did volunteer work at a Christian school and hosted an American Thanksgiving dinner with the children. I also taught a cooking class.

"We moved back to Ohio in December, and since then, I've been writing two cookbooks and spending time on *tasteofhome.com* (user name ScottsGrace). Cooking is a true joy for me. It's an outlet and a place of comfort I can keep to myself or share with others."

ANNETTE HILL // PIERRE, SD

FAMILY STATS: Husband Nick, epidemiologist for the state; four children, Nathanael, 11; Ethan, 8; Simon, 6; and Allison, 3. Annette is a stay-at-home mom who home-schools her children.

"My mom's a good cook, and she taught me to cook and bake when I was growing up. Most of our meals were the typical meat and potatoes type—and I learned to prepare many things from scratch. I particularly enjoy baking bread and all kinds of desserts, especially cheesecake. Since my husband and sons like to hunt and fish, I've also learned to prepare all kinds of wild game. I get a lot of satisfaction from putting good meals on the table for my family."

STEPHANIE HOER // ROANOKE, VA

FAMILY STATS: Husband James, graphic artist. Stephanie works for a nonprofit organization that provides job training to the disabled and disadvantaged.

"I like trying new things and learning about new ingredients, cooking methods and cultures. My husband and I began cooking together when we started dating and continue to make our favorite foods together. With both of us working full-time, we look for quick recipes with fresh ingredients and fewer servings.

"In my free time, I love reading, spending time outdoors with our dog, and our annual trips to North Carolina's Outer Banks."

JOIN OUR TEAM! » Love to cook? Love *Taste of Home*? You might be interested in becoming one of our volunteer Field Editors. If you would like to be considered, please fill out the short application form at **www.tasteofhome.com/apply**

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IN THE MOOD FOR LOVE

Ah, February—the month of love. Whether you want to express your love to a new flame or your hubby of 50 years, legend has it that these foods will enhance that lovin' feeling

ASPARAGUS
The ancient Chinese believed asparagus increased feelings of love and compassion. Who couldn't use a few stalks in their diet?

CHOCOLATE
The ancient Mayans were right when they called chocolate "the food of the gods." One bite can put anyone in a better mood!

GARLIC
This one only works if you're both eating garlic. If only one of you imbibes, there are no guarantees that sparks will fly.

HONEY
It's the official nectar of Aphrodite, the Greek goddess of love, but it can sweeten the mood of us mere mortals, too.

OYSTERS
Casanova, the 16th century author (and more famously, the "world's greatest lover"), supposedly ate up to 50 oysters a day. Enough said.

MORE!

If you want a mood ring like the one shown here to check your emotions, visit **tasteofhome.com/links**

TASTE OF THE TROPICS

GREAT FIND

Hale Lani Bed & Breakfast

KAUAI, HI

* Born in Ohio, Ruth Johnson always dreamed of living in Hawaii. She and husband Sandy opened the B&B in 2001
* Hale Lani, which means "heavenly home," has four guest rooms, each has a hot tub, lanai (veranda) and kitchen or kitchenette
* Kauai is less touristy and perfect for hiking, kayaking and relaxing
* Allergic to eggs? Don't like mushrooms? Let the innkeepers know, and they'll prepare a customized breakfast you'll love.

If you're looking for a tropical oasis with great food, look no further than Hale Lani Bed and Breakfast on Kauai, HI, says field editor Darlene Brenden of Salem, OR

"Every morning, owners Ruth and Sandy Johnson would quietly place an ice chest outside our patio door, so we could eat whenever we woke up," says Darlene. "The food included quiche, blueberry pancakes, fruit bread, warm muffins and always fresh fruit and juice. The fresh fruit bowls were so beautiful we didn't want to eat them!"

The Johnsons even encourage guests to pick their own fresh fruit right off trees in the backyard.

For the Johnsons' popular Strawberry French Toast recipe and more information on Hale Lani, visit **tasteofhome.com/links**

painted love

Nestled in the hamlet of St. Helena, CA, is a gem known as Woodhouse Chocolates. Here, John and Tracy Wood Anderson and family create exquisite handmade chocolates crafted of 100% percent Belgium dark, milk and white chocolate. Some are solid bliss, others are filled with rich ganache or special ingredients such as Spanish saffron, rose water or elderflower. For Valentines Day and wedding celebrations, these hand-painted hearts are available in an array of colors and will surely sweep your true love right off his or her feet **$2.50/heart.** For more information, visit **tasteofhome.com/links.**

> Love is like swallowing hot chocolate before it has cooled off. It takes you by surprise at first, but keeps you warm for a long time.
>
> —anonymous

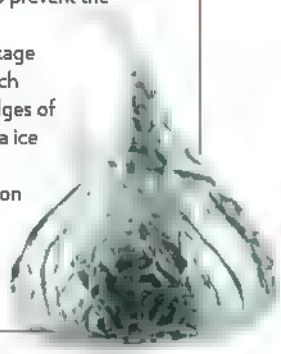
KITCHEN CALAMITY

Recently married, I thought I'd make a romantic, candlelight dinner for my husband. I decided on beef Stroganoff and a fancy green salad. I worked on it all day, from shopping for the best ingredients to preparing it all from scratch. Before my husband came home, I cleaned up the kitchen and slipped into a black dress. He was so surprised. Then, as I carried the Stroganoff to the dinner table, I slipped on a wet patch and slid face first onto the floor. Stroganoff flew everywhere—on the kitchen wall, my face, hair and dress. My husband tried not to laugh, but neither of us could help ourselves. We ordered pizza instead.

—Gloria Determan // ROSWELL, NM

how to plant a kiss

- **Dripless Ice Cream Cones** To prevent dripping, place a chocolate kiss, upside down, at the bottom of an ice cream cone to prevent the ice cream from oozing out.
- **Easy Lava Cake** Prepare brownie mix according to package directions and pour into muffin cups. In the center of each muffin cup, place two chocolate kisses. Bake until the edges of the brownies are done and serve immediately with vanilla ice cream.
- **Good Fortune** Wrap a kiss in the center of a small wonton wrapper. Moisten edges with water to seal. Deep fry for 2 1/2 minutes in 375° oil. Drain, dust with confectioners' sugar, let cool and enjoy.



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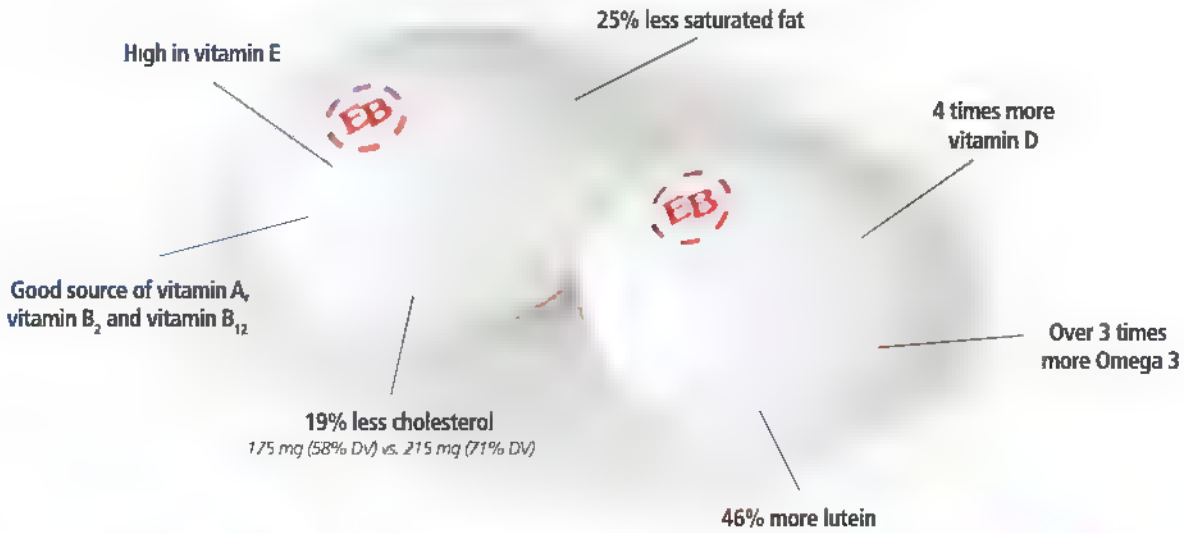
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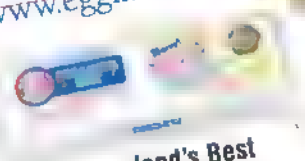

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PARADISE PARTY

No plane ticket required. Warm things up by throwing a tropical-themed party this winter

The surest cure for the winter blahs is a dose of the tropics. Luckily, you can bring them home faster than hopping a jet to the islands. Break out the fruity drinks and island music, and invite some friends over. Who can be in a funk while partying it up, beach-style? Use these tips to turn your living room into a tropical oasis.

LIGHTEN UP

Bright colors are key when it comes to decorating your party room. Use paper garlands, honeycomb fruit decorations, colorful fish, hanging foil palm trees, silk flower garlands and raffia table skirts. Lots of light will boost everyone's mood.

NO SHIRT, NO SHOES, NO PROBLEM!

Encourage guests to wear flip-flops, Hawaiian shirts, sarongs and sunglasses. To really get the beach feeling, slather on coconut-scented sunblock, and you'll almost feel the rays of sunshine.

DO THE LIMBO ROCK

Crank up the reggae music and let the fun begin! Have a limbo contest. Award the best hula dancer or hula hoop expert. Hold a tropical trivia contest with questions about the Caribbean islands, tropical fish or plants.

DON'T FORGET THE TROPICAL MENU

Fruity, blended drinks are a must, and remember to add a tiny umbrella in each one. Feast on fresh pineapple, mango and papaya. Grill shrimp or prepare a spicy jerk chicken. For dessert, serve refreshing key lime pie.

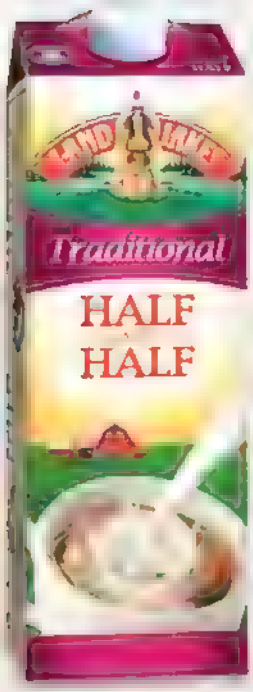
For some tropical recipe ideas, visit **tasteofhome.com/plus**

BOX-OF-CHOCOLATES CUPCAKES ON PAGE 18

ALL THAT AND A BOX OF CUPCAKES

Why buy the usual gift-wrapped chocolates when you can give these rich, decadent treats?

Perfectly
simple.
Simply
perfect.



Enjoy the rich and creamy goodness you expect from
LAND O LAKES® Half & Half in every cup of coffee.

LAND O LAKES®

Where simple goodness begins.®

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box-of-chocolates cupcakes

Three different fillings ensure that you never know what you're going to get when you bite into one of these luscious treats

TOH Test Kitchen

PREP: 1 HOUR + CHILLING
BAKE: 20 MIN. + COOLING
YIELD: 2 DOZEN

1 pkg. (18-1/4 oz.) devil's food cake mix

1-1/3 cups strong brewed coffee

3 eggs

1/2 cup canola oil

CHOCOLATE COFFEE FILLING:

8 oz. bittersweet chocolate, chopped

3 Tbsp. sugar

4 Tbsp. strong brewed coffee, divided

3 egg yolks, beaten

1-1/2 cups whipped topping

GANACHE:

4 oz. bittersweet chocolate, chopped

2 oz. white baking chocolate, chopped

3/4 cup heavy whipping cream, divided

2-1/2 tsp. corn syrup, divided

Paste food coloring of your choice

In a large bowl, combine the cake mix, coffee, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fill paper-lined muffin cups two-thirds full.

Bake at 350° for 18-22 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool.

Meanwhile, in a double boiler or metal bowl over simmering water, constantly stir the chocolate, sugar and 3 Tbsp. coffee until smooth. Remove from the heat (mixture will be thick). Stir a small amount of hot mixture into egg yolks, return all to the bowl, stirring constantly. Cook and stir for 4-5 minutes or until mixture reaches 160°.

Divide mixture among three small bowls. Into one bowl, stir remaining coffee. Use other two bowls to make Chocolate-Orange and Chocolate-Hazelnut fillings (at left). Fold 1/2 cup of whipped topping into each. Chill for 10 minutes.

Cut a small hole in the corner of a pastry or plastic bag; insert a very small tip. Fill with one filling flavor. Push the tip through the bottoms of the paper liners to fill eight cupcakes. Repeat with remaining fillings and cupcakes.

For ganache, place chocolates in separate small bowls. In a small saucepan, bring cream just to a boil. Pour 1/2 cup cream over bittersweet chocolate; pour remaining cream over white chocolate. Whisk chocolate mixtures until smooth.

Stir 2 tsp. corn syrup into bittersweet ganache and 1/2 tsp. corn syrup into white ganache. Cool, stirring occasionally, to room temperature or until ganache thickens slightly, about 10 minutes.

Dip tops of cupcakes in bittersweet ganache. Tint white ganache as desired; pipe designs over tops. Refrigerate until set. Store in an airtight container in the refrigerator.

CHOCOLATE-ORANGE FILLING

Prepare filling as directed with 3 Tbsp. coffee. Into a third of the mixture, stir in 2 Tbsp. orange juice concentrate. Proceed as directed.

CHOCOLATE-HAZELNUT FILLING

Prepare filling as directed with 3 Tbsp. coffee. Into a third of the mixture, stir in 2 Tbsp. chocolate hazelnut spread (found in the peanut butter section) and 1 Tbsp. heavy whipping cream. Proceed as directed.

FINISHING TOUCHES

Insert the tip of the pastry bag into the cupcake, squeezing gently to fill, until the top of the cupcake expands slightly.

To quickly frost the cupcakes, place ganache in a shallow glass bowl. Dip the top of each cupcake into the ganache, twist slightly and lift up.

Tastes like a cupcake trapped in the body of a whole grain muffin.

Finally, whole grain muffins that are moist and delicious enough to be Duncan Hines.®

- 100% whole grain
- Good source of fiber
- 0g trans fat per serving

Duncan Hines.®
So moist. So delicious.
And so much more.™

Duncan Hines

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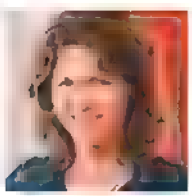


Suzanne Perry
ELM GROVE, WI

A WOODED RETREAT

Warm tones, rich wood and an open concept make this a welcoming yet practical kitchen

Our kitchen was straight out of the 1970s, so in 2001, we decided it was time to remodel. My husband, Chuck, and I not only wanted to update the room but also make it more family friendly for our children—Elizabeth, 19; Anne, 18; Chase, 15; and Christian, 13.

Although we hired a company to handle the remodel, we remained very involved. In fact, Chuck, a real estate investor, demolished the old kitchen himself.

Since the original eating area was separated from the kitchen by a door, we knew that would have to go. We took out a few walls and everything just opened up.

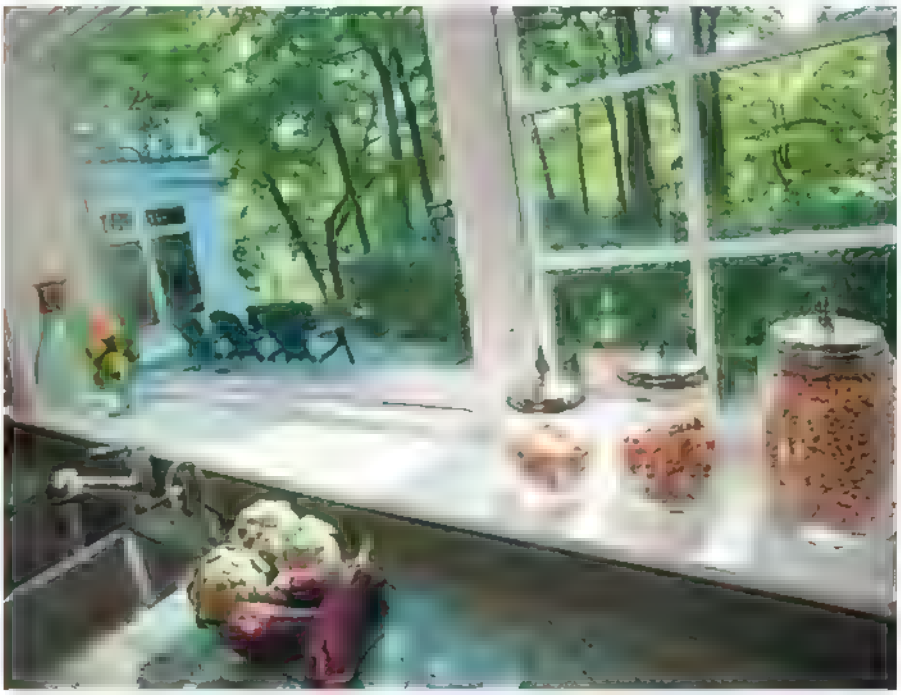
We were careful, though, to create a space that was in keeping with the rest of our formal, traditional home. So we kept the white woodwork, and chose granite countertops and cherry cabinets and flooring.

Because we entertain a lot, function was important as well. If a big get-together is being planned, I'm always the first to offer our house. We host an annual Christmas party. And our yard, with a pool and mature shade trees, is ideal for summer parties. The open-concept kitchen really helps, as do the two sinks, two ovens and a center island that's great for serving food buffet-style.

My favorite appliance is our side-by-side refrigerator. It's wide and shallow, so I can see everything that's inside.

Though our kids are getting older, our family is still expanding. We are hosting our second German exchange student. Everyone in the family

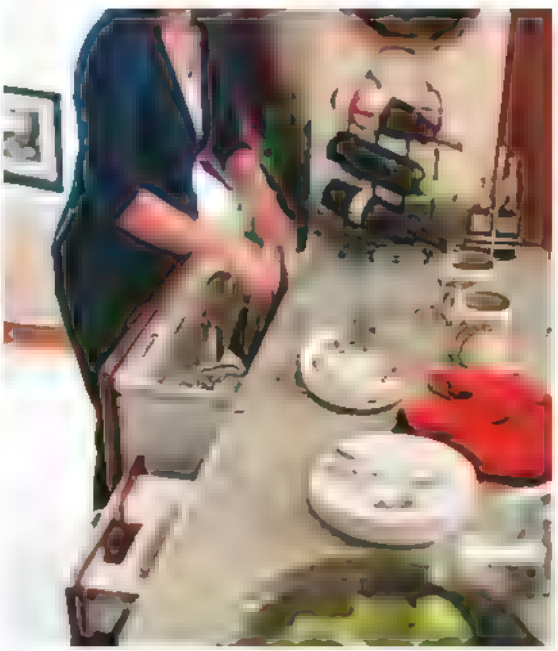
> Give plenty of thought to the placement of cabinets and drawers, and what you'll be using them for.
>
> — Suzanne Perry // Elm Grove, WI



Mature shade trees umbrella the backyard, above, creating a serene, wooded view from this large kitchen window. The Perry family, below left, gathers on their backyard patio. Below, Suzanne fills the dishwasher after dinner

agrees that this is a wonderful experience for us; in fact, we couldn't think of a reason not to!

From hosting parties and visiting with friends to simply enjoying meals with our kids, this warm and functional kitchen really gets a workout.



Suzanne's collection of egg cups, above, are prominently displayed on shelves and a windowsill

MORE!

For Suzanne's favorite rhubarb recipe and more photos of her kitchen, visit **tasteofhome.com/SuzannePerry**

The refreshing flavor of these big-batch lemon goodies starts tart then finishes sweet

layered lemon pies

"My sister shared this creamy dessert recipe with me. The secret is fresh lemon juice."

Nanette Sorensen
TAYLORSVILLE, UT

PREP: 55 MIN. + CHILLING
YIELD: 2 PIES (10 SERVINGS EACH)

Pastry for two single-crust pies (9 in.)
1-1/2 cups sugar
6 Tbsp. cornstarch
1/4 tsp. salt
2 cups cold water
3 egg yolks, beaten
1/3 cup lemon juice
1/4 cup butter, cubed
1 tsp. grated lemon peel
1 tsp. lemon extract
3 drops yellow food coloring, optional

SECOND LAYER
1 pkg. (8 oz.) cream cheese, softened
1 cup confectioners' sugar
1-1/2 cups cold 2% milk
2 pkg. (3.4 oz. each) instant lemon pudding mix

TOPPING
1 pkg. (8 oz.) cream cheese, softened
1 cup confectioners' sugar
1 carton (16 oz.) frozen whipped topping, thawed

Line two 9-in. pie plates with pastry; trim and flute edges. Line unpricked pastry with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil; bake 5-7 minutes longer or until golden brown. Cool on wire racks.

In a large saucepan, combine the sugar, cornstarch and salt. Stir in water until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer. Remove from the heat.

Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat. Gently stir in the lemon juice, butter, lemon peel, extract and food coloring if desired. Cool to room temperature without stirring. Spread lemon mixture into crusts. Refrigerate for 30 minutes or until firm.

In a large bowl, beat cream cheese and confectioners' sugar until smooth. Gradually beat in milk. Add pudding mix; beat 2 minutes longer. Let stand for 2 minutes or until soft-set. Gently spread into pies. Refrigerate for 30 minutes or until set.

For topping, in a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped topping. Spread over tops of pies. Refrigerate until set.

THE GANG'S ALL HERE!
Search our huge collection of potluck recipes at **tasteofhome.com/potluck**

someone who's got what you've got is out doing what you're not

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms – help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-36 or visit merck.com/merckhelps.

takeonasthma.com

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Patient Information

9628415

SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules

Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR®?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis.

1. **Asthma**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**. Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**. Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis.

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4 mg oral granules can be given:

- directly in the mouth,
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk,
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older.

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions (including swelling of the face, lips, tongue, and/or throat which may cause trouble breathing or swallowing), hives and itching
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nosebleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation (including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis).

These are not all the possible side effects of SINGULAIR. For more information, ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium.

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropylcellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropylcellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropylcellulose, magnesium stearate, hydroxypropylmethylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstrict on, occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only

US Patent No. 5,565,473

Issued August 2009

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BUON APPETITO!

These savory Italian-style sauces will have everyone shouting, *"Mangia!"*

BONUS!

THAT'S ITALIAN!
For tips on throwing a fun pasta party, plus recipes for homemade pasta, more sauces and desserts, go to **tasteofhome.com/pastaparty**

pasta alla puttanesca

This classic sauce promises a zesty meal. Adjust the amount of red pepper flakes to get the level of spiciness you desire

Katie Theken // DURHAM, NC

PREP: 15 MIN. COOK: 20 MIN.
YIELD: 3-1/2 CUPS

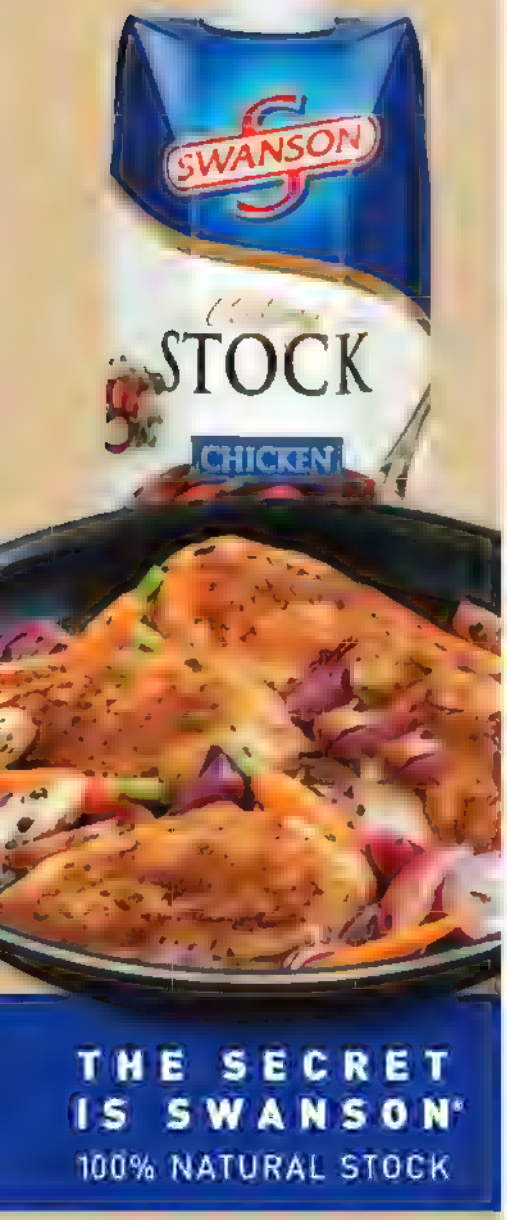
- 3 anchovy fillets
- 3 Tbsp. olive oil
- 1 garlic clove, minced
- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 1-1/4 cups water
- 1 can (6 oz.) tomato paste
- 1 tsp. dried basil
- 1 tsp. dried parsley flakes
- 1/2 tsp. salt
- 1/4 to 1/2 tsp. crushed red pepper flakes
- 1/4 tsp. dried oregano
- 1/4 tsp. pepper
- 1/4 cup chopped pitted Greek olives
- 2 Tbsp. capers, drained and chopped
- Hot cooked pasta

In a large saucepan over medium heat, cook anchovy fillets in oil for 2 minutes. Add garlic; cook 1 minute longer. Stir in the tomatoes, water, tomato paste and seasonings.

Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until slightly thickened. Stir in olives and capers; heat through. Serve with pasta.

FOR JUICIER MEATS AND RICHER SAUCES AND GRAVIES,

USE SWANSON® STOCK.



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ragu bolognese

"My family loves homemade spaghetti sauce, and this one is a hit. I always make sure to serve it with plenty of garlic bread."

Kate Gaul // DUBUQUE, IA

PREP: 25 MIN. COOK: 2 HOURS
YIELD: 7-1/2 CUPS

1 lb. ground beef
1/2 lb. ground pork
1/4 lb. bacon strips, diced
2 medium onions, chopped
2 celery ribs, chopped
2 small carrots, chopped
4 garlic cloves, minced
1 cup dry red wine or beef broth
1 can (28 oz.) crushed tomatoes
1 can (15 oz.) tomato sauce
2 Tbsp. tomato paste
2 bay leaves
2 tsp. sugar
1 tsp. salt
1/2 tsp. dried thyme
1/2 tsp. dried oregano
1/2 tsp. each ground cumin, nutmeg and pepper
1/2 cup heavy whipping cream
2 Tbsp. butter
2 Tbsp. minced fresh parsley
1/2 cup grated Parmesan cheese
Hot cooked pasta and additional Parmesan cheese

In a Dutch oven, cook the beef, pork, bacon, onions, celery and carrots over medium heat until meat is no longer pink; drain. Add garlic; cook 2 minutes longer. Add wine; cook for 4-5 minutes or until liquid is reduced by half.

Stir in the tomatoes, tomato sauce, tomato paste, bay leaves, sugar and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 1-1/2 to 2 hours or until thickened, stirring occasionally. Discard bay leaves. Add the cream, butter and parsley; cook 2 minutes longer. Stir in cheese. Serve with pasta and additional cheese.

verde sauce

You'll love the robust garlic flavor of this hearty sauce. Try adding shrimp, chicken or homemade sausage for a fabulous meal.

Ann Sheehy // LAWRENCE, MA

PREP/TOTAL TIME: 25 MIN.
YIELD: 3 CUPS

6 green onions, cut into thirds
5 garlic cloves, peeled
2 tsp. grated lemon peel
3 cups loosely packed basil leaves
3 cups loosely packed parsley sprigs
1 jar (10 oz.) sliced green olives with pimientos, drained
1 jar (3-1/2 oz.) capers, drained
3 Tbsp. lemon juice
1/4 tsp. crushed red pepper flakes
1 cup grated Parmesan and Romano cheese blend
1 cup olive oil
Hot cooked pasta

Place the onions, garlic and lemon peel in a food processor; cover and pulse until chopped. Add half of the basil and parsley; cover and process until chopped. Add remaining basil and parsley; chop.

Add the olives, capers, lemon juice, pepper flakes and cheese; cover and process until blended. While processing, gradually add oil in a steady stream. Serve with pasta.

HOW DO YOU LIKE YOUR CHICKEN BROTH:

WITH MSG?

OR WITHOUT?

Other canned chicken broths add MSG†. *Swanson*® doesn't. Our broth is 100% natural, flavored with garden vegetables and sun-drenched herbs.

THE SECRET IS SWANSON ▸ 100% NATURAL CHICKEN BROTH

Find delicious recipes and cooking tips at SwansonBroth.com

†Among major brands in supermarkets. In Swanson, a small amount of glutamate occurs naturally in yeast extract. © 2009 CSC Brands LP. College Inn is a registered trademark of Del Monte Foods. Butterball is a registered trademark of Butterball, LLC. Sweet Sue is a registered trademark of Bumble Bee Foods, LLC.

chicken salad caprese

You might need a fork to eat this savory delight, loaded with Mediterranean-style flavor

Frances Pietsch // FLOWER MOUND, TX

PREP: 40 MIN. BAKE: 5 MIN.
YIELD: 8 CUPS SALAD (6-1/2 DOZEN CROSTINI)

2 cups shredded rotisserie chicken

1 lb. fresh mozzarella cheese, cubed

2 cups grape tomatoes, halved

1 can (14 oz.) water-packed artichoke hearts, rinsed, drained and coarsely chopped

1/2 cup pitted Greek olives, thinly sliced

1/4 cup minced fresh basil

1/4 cup olive oil

2 garlic cloves, minced

1/2 tsp. salt

1/2 tsp. coarsely ground pepper

TOMATO CROSTINI

2 French bread baguettes (10-1/2 oz. each)

4 garlic cloves

2 small tomatoes

1/4 cup olive oil

1 tsp. salt

In a large bowl, combine the first six ingredients. In a small bowl, whisk the oil, garlic, salt and pepper; drizzle over chicken mixture and toss to coat. Refrigerate until serving.

Cut baguettes into 1/2-in. slices. Place on ungreased baking sheets. Bake at 425° for 2-4 minutes or until lightly browned. Cut garlic in half lengthwise; rub over bread. Cut tomatoes into quarters; rub over bread. Brush with oil and sprinkle with salt. Bake 2-3 minutes longer or until crisp. Serve crostini with salad.

MAMMA'S CAPONATA

mamma's caponata

"My Italian mom has been making this recipe for years. You can also serve the eggplant mixture over warm pasta as an entree."

Georgette Stubin // CANTON, MI

PREP: 30 MIN. COOK: 40 MIN.
YIELD: 6 CUPS

1 large eggplant, peeled and chopped

1/4 cup plus 2 Tbsp. olive oil, divided

2 medium onions, chopped

2 celery ribs, chopped

2 cans (14-1/2 oz. each) diced tomatoes, undrained

1/3 cup chopped ripe olives

1/4 cup red wine vinegar

2 Tbsp. sugar

2 Tbsp. capers, drained

1/2 tsp. salt

1/2 tsp. pepper

French bread baguettes, sliced and toasted

In a Dutch oven, saute eggplant in 1/4 cup oil until tender. Remove from the pan and set aside. In the same pan, saute onions and celery in remaining oil until tender. Stir in tomatoes and eggplant. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes.

Add the olives, vinegar, sugar, capers, salt and pepper. Return to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until thickened. Serve warm or at room temperature with baguettes.

Nutrition Facts: 1/4 cup (calculated without baguette) equals 57 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 134 mg sodium, 6 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

MORE!

For more savory party-starters, visit **tasteofhome.com/appetizers**

WHAT'S CAPONATA?

It's a Sicilian dish usually composed of eggplant, onions, tomatoes, olives, capers and vinegar, all cooked together with olive oil. It's most often served at room temperature as a salad, side dish or relish.

asparagus, brie & parma ham crostini

This easy appetizer is perfect for parties. The combination of crusty bread, melted cheese and in-season asparagus is out of this world.

Karla Johnson // EAST HELENA, MT

PREP/TOTAL TIME: 25 MIN.
YIELD: 1 DOZEN

12 fresh asparagus spears

2 Tbsp. olive oil, divided

1/8 tsp. salt

1/8 tsp. pepper

12 slices French bread baguette (1/2 in. thick)

3 thin slices prosciutto or deli ham, cut into thin strips

6 oz. Brie cheese, cut into 12 slices

Cut asparagus tips into 2-in. lengths. Place asparagus tips in a 15-in. x 10-in. x 1-in. baking pan lined with foil. Drizzle with 1 tsp. oil and toss to coat. Sprinkle with salt and pepper. Bake at 425° for 10-15 minutes or until crisp-tender.

Brush baguette slices on both sides with remaining oil. Place on a baking sheet. Broil for 1-2 minutes on each side or until toasted.

Top each slice with asparagus, prosciutto and cheese. Broil 3-4 in. from the heat for 2-3 minutes or until cheese is melted.

ASPARAGUS, BRIE & PARMA HAM CROSTINI

PAM

COOK SMART

EASY MEAL SOLUTIONS FROM OUR READERS & THE TOH TEST KITCHEN

LOSE WEIGHT, EAT GREAT

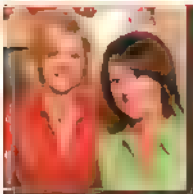
Q I've tried so many diets, but I feel hungry all the time, and I miss my favorite foods. Plus, the meals you have to buy for some diets are just too expensive. Does your Test Kitchen staff have any suggestions?

—**Elizabeth Branning** // TULSA, OK

You've come to the right place! Especially after the holidays, many of us resolve to eat better and exercise more. But that's when we fall victim to fad diets that often come up short. The *Taste of Home Comfort Food Diet® Cookbook* offers a commonsense approach. It focuses on simple, economical meals using *Taste of Home* recipes that have been lightened up. The cookbook offers delicious, filling recipes, as well as meal plans and tips (such as the ones at right) for losing weight and adopting a new, healthier lifestyle. To try two of the great recipes, turn to page 42. We think you'll love them!

7 SIMPLE WEIGHT-LOSS TIPS

- Mom always said eat your fruits and vegetables, and she was right! They're low in calories and nutritious, too.
- Increase your fiber intake to lower cholesterol and aid digestion. Add extra veggies to soups, choose whole grain breads, add kidney beans to salads.
- Drink plenty of water. It quenches your thirst, helps you feel full and is calorie-free. Keep a mug at your desk and a pitcher in the fridge.
- Remember, sugar packs on weight. One tablespoon is 48 calories.
- Eating out? Choose an appetizer as your entree, and avoid anything fried.
- Need a vending machine pick-me-up? Choose pretzels, baked chips or licorice instead of chocolate bars or pastries.
- Get moving. Walk the dog, ride your bike, take a swim.



BY JANET & GRETA PODLESKI

LOAFING AROUND

It's no wonder quick breads are so popular. They're fast, scrumptious and easy on the wallet. And with a few healthy twists like the addition of bran and ground flaxseeds, our moist banana bread and luscious lemon loaf recipes are easy on the waistline, too!

BRANana bread

Moist and delicious, this nutritious chocolate-chip banana bread is made with bran and flax.

PREP: 20 MIN.
BAKE: 50 MIN. + COOLING
YIELD: MAKES 1 LARGE LOAF
16 SLICES

1-1/2 cups all-purpose flour
1/2 cup wheat bran
1/3 cup granulated sugar
1/4 cup ground flaxseed or flaxmeal
1 tsp each baking soda and baking powder
1/2 tsp cinnamon
1/4 tsp salt
1-1/2 cups mashed ripe bananas
3/4 cup plain yogurt (2%)
2 eggs
2 tbsp butter, melted
1 tsp vanilla
1/2 cup finely chopped walnuts
1/3 cup mini semi-sweet chocolate chips

Preheat oven to 350°F. Spray a 9 x 5-in. loaf pan lightly with cooking spray and set aside.

In a large bowl, combine flour, wheat bran, sugar, ground flax, baking soda, baking powder, cinnamon and salt.

In a medium bowl, whisk together bananas, yogurt, eggs, butter and vanilla. Add wet ingredients to dry ingredients and stir just until moistened. Fold in nuts and chocolate chips, being careful not to overmix the batter.

Spoon batter into prepared pan. Bake for about 50 minutes, or until wooden skewer inserted in center of loaf comes out clean. Cool loaf in pan on a wire rack for 10 minutes. Remove loaf from pan and cool completely on rack. Slice and serve or wrap tightly with plastic wrap and store at room temperature.

Per slice: 174 calories, 6.2 g total fat (1.8 g saturated fat), 4 g protein, 27 g carbohydrate, 3.5 g fiber, 31 mg cholesterol, 159 mg sodium

TIP The bananas must be very, very ripe (sweet) for this banana bread as there's very little added sugar. Freeze your bananas as they become overripe, and you will always be ready to throw together a banana loaf.

CONTINUED ON PAGE 34

An abundant variety of natural herbs
and spices live together in each bottle.
(Salt and MSG are not invited.)
Just cook with a capful of Mrs. Dash and instantly bring your meal to life.
With 14 natural herbs and spices in each unique blend of Mrs. Dash,
you'll wonder how your meal ever survived without it. No salt. No MSG.
Salt-Free, Flavor-Full
Mrs. Dash
© Alberto Culver International Inc.

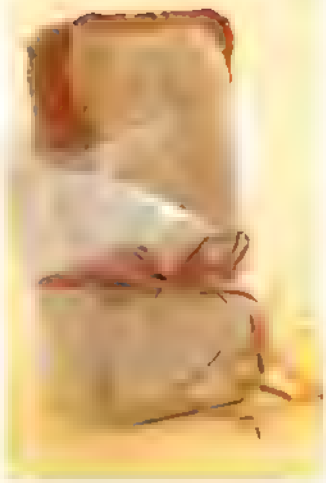
POP QUIZINE

In Leonardo da Vinci's painting, "The Last Supper," which of the following pieces of tableware is disturbed·

a. Wine glass
b. Butter dish
c. Salt shaker
d. Slow cooker

What's the name of the cheerful character who put two scoops of raisins in every box of Kellogg's Raisin Bran?

a. Sunny
b. Scoop
c. Tooty
d. Grape Nut



CORRECT ANSWER: C. DA VINCI CREATED THE FAMOUS MURAL FOR DUKE LUDOVICO SFORZA AND HIS DUCHESS. BEATRICE DESTE. IN THE 15TH CENTURY, WELL BEFORE SLOW COOKERS WERE ALL THE RAGE.

CORRECT ANSWER: A. THE ANIMATED SUN WAS BORN IN 1966 AND 'S RESPONSIBLE FOR DRYING THE GRAPES INTO RAISINS FOR THE TWO SCOOPS.

light and lemony poppy seed bread

Treat your taste buds to the citrusy tang of fresh lemons in this delicate lemon-poppy seed loaf

PREP: 20 MIN.
BAKE: 40 MIN. + COOLING
YIELD: MAKES 1 LOAF, 12 SLICES

1-1/4 cups all-purpose flour
3/4 cup granulated sugar
1/2 cup oat bran
1 tbsp poppy seeds
2 tsp baking powder
1/2 tsp salt
1 cup 2% milk
1/4 cup melted butter or vegetable oil
1 egg
2 tbsp freshly squeezed lemon juice
2 tsp grated lemon zest

Preheat oven to 350°F. Spray an 8 x 4-in. loaf pan with cooking spray and set aside.

In a large bowl, mix together flour, sugar, oat bran, poppy seeds, baking powder and salt.

In a medium bowl, whisk together milk, butter, egg, lemon juice and lemon zest. Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened. Spread batter in prepared pan. Bake for about 40 minutes, or until loaf is light golden brown and a toothpick inserted in center of loaf comes out clean.

Cool loaf in pan on a wire rack for 10 minutes. Remove loaf from pan and cool completely on rack. Cover with plastic wrap and store at room temperature or in the refrigerator.

Per slice: 161 calories, 5.3 g total fat (2.8 g saturated fat), 4 g protein, 27 g carbohydrate, 1.1 g fiber, 30 mg cholesterol, 197 mg sodium

Visit the all-new
potatogoodness.com

It's time to peel back the truth.

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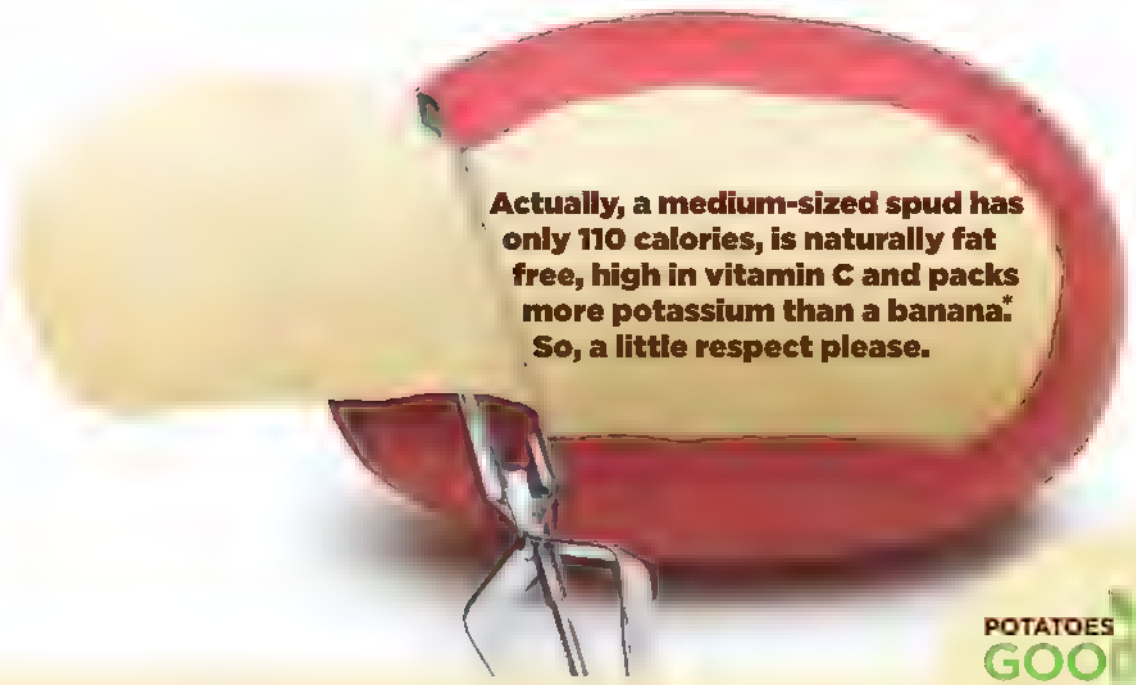
THE PHARM FARM

Good ol' Hippocrates sure knew what he was talking about when he said, "Let food be your medicine and medicine be your food." There are nutrients in certain foods that, when consumed regularly and in proper amounts, allow the body to be its own best pharmacy—to protect and heal itself. In fact, virtua ly al foods have "drug-like" effects. (Think about the high you get from chocolate cake!)

Some foods help improve your health while others destroy it. Chow down on bad fats from a greasy burger and fries, and many of your body's cells will struggle for hours. Eat too much sugar, and you throw your hormones out of whack and stun your immune system. We can either overdose on wrong foods like these, or we can buy into a healthy prescription of foods that contain the nutrients our bod es need to flourish. The healthiest products out there are packaged by the world's premier food manufacturer—Mother Nature! Her ideal prescription includes fresh, natural, whole foods—some cooked, some raw, seasonal and local, and organic, if possible. Follow Ma's lead and you'll find the formula for vibrant health at the farm, not the pharmacy.

He's such a hypochondriac, he puts cough syrup on his pancakes.

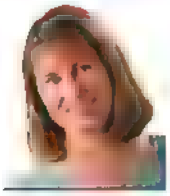
BUY THE COOKBOOK THAT WILL CHANGE YOUR LIFE! Over a half million families who bought *Eat, Shrink & Be Merry* agree, these recipes are fun, delicious and incredibly healthy. Our Test Kitchen experts are still raving about the book's great-tasting food, and they're hard to impress. **ORDER NOW** at *ShopTasteofHome.com* or call 1-800/717-9011.


Actually, a medium-sized spud has only 110 calories, is naturally fat free, high in vitamin C and packs more potassium than a banana.* So, a little respect please.

POTATOES GOODNESS® UNEARTHED

Need more reasons to love potatoes?
Peel back the truth about this budget-friendly, naturally fat-free food and dig up simple 10-minute microwave recipes at **potatogoodness.com**

*Potato w th skin.



MONKEY BUSINESS

Test Kitchen Manager Karen Scales shows you how to make perfect pull-apart monkey bread, step by step

caramel-pecan monkey bread

Cut into slices, or let everyone pick off the gooey pieces themselves, just like the monkeys it's named for!

PREP: 20 MIN. + RISING
BAKE: 30 MIN. + COOLING
YIELD: 1 LOAF (20 SERVINGS)

1 pkg. (1/4 oz.) active dry yeast
1/4 cup water (110° to 115°)
1-1/4 cups warm 2% milk (110° to 115°)
1/3 cup butter, melted
1/4 cup sugar
2 eggs
1 tsp. salt
5 cups all-purpose flour

CARAMEL
2/3 cup packed brown sugar
1/4 cup butter, cubed
1/4 cup heavy whipping cream

ASSEMBLY
3/4 cup chopped pecans
1 cup sugar
1 tsp. ground cinnamon
1/2 cup butter, melted

In a large bowl, dissolve yeast in warm water. Add the milk, butter, sugar, eggs, salt and 3 cups flour. Beat on medium speed for 3 minutes. Stir in enough remaining flour to form a firm dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

For caramel, in a small saucepan, bring the brown sugar, butter and cream to a boil. Cook and stir for 3 minutes. Pour half into a greased 10-in. fluted tube pan; sprinkle with half of the pecans.

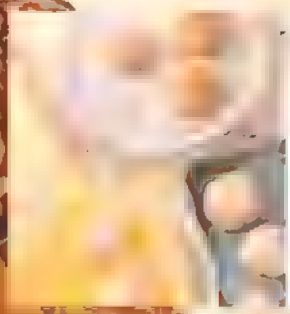
Punch dough down; shape into 40 balls (about 1-1/4-in. diameter). In a shallow bowl, combine sugar and cinnamon. Place melted butter in another bowl. Dip balls in butter, then roll in sugar mixture.

Place 20 balls in the tube pan; top with remaining caramel and pecans. Top with remaining balls. Cover and let rise until doubled, about 45 minutes.

Bake at 350° for 30-35 minutes or until golden brown. (Cover loosely with foil if top browns too quickly.) Cool for 10 minutes before inverting onto a serving plate. Serve warm.

TIP

Save time by kneading the dough and refrigerating overnight. The next day, let the dough sit on the counter for 30 minutes, then continue as the recipe directs.



Dip balls of dough in melted butter, then roll in cinnamon-sugar mixture.

Pour a layer of caramel sauce in the bottom of a greased tube pan. Sprinkle pecans on caramel sauce. Place half of the coated dough balls in the tube pan.

Drizzle with caramel sauce and top with pecans (below). Arrange remaining balls over caramel sauce.

BIG STRAWBERRY TASTE
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SMUCKER'S
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Strawberry Preserves

ON THE RISE

These kids like to help Mom bake bread—and lots of it—for the local farmer's market

Since they were toddlers, the Decker kids have had a stake in the family business. **Connor, 10, Sophie, 7; and Brogan, 4,** love helping their mom in the kitchen and at their family's farmer's market stand in Lake Champlain Island, VT.

The family grows tons of fruits and veggies that go into the baked goods and jams they sell under the name My Kid's Kitchen. They also make maple syrup and raise bees for honey.

"They really get to see the process of where food comes from and how it's made," says mom Denise Boutin.

One of their favorite things to make is French Loaves, a best-seller at the market. During the summer, the kids help Mom make 50 loaves a week.

"I like to knead the dough," says Sophie. So does Brogan.

Connor's a little more philosophical: "Cooking, for me, is like watching a puzzle come together. The ingredients are added, dough rises or cookies bake, it's like a jigsaw puzzle."

french loaves

"My kids help me make this easy and delicious bread. They love that they can be eating fresh bread in less than 2 hours!"

Denise Boutin // GRAND ISLE, VT

PREP: 30 MIN. + RISING BAKE: 15 MIN.
YIELD: 2 LOAVES (12 SLICES EACH)

2 Tbsp. active dry yeast
2 cups warm water (110° to 115°)
2 tsp. salt
1 tsp. sugar
4-1/2 to 5 cups bread flour
1 tsp. cornmeal

In a large bowl, dissolve yeast in warm water. Add the salt, sugar and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.

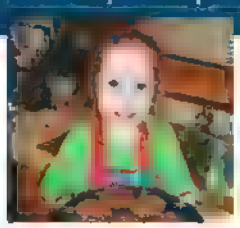
Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into 12-in.-long loaves.

Place seam side down on a greased baking sheet. Cover and let rise until doubled, about 30 minutes. Sprinkle with cornmeal. With a sharp knife, make four shallow slashes across the top of each loaf. Bake at 450° for 15-20 minutes or until golden brown.

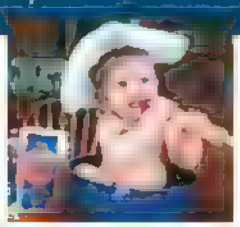
Nutrition Facts: 1 slice equals 79 calories, trace fat (trace saturated fat), 0 cholesterol, 197 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchange: 1 starch.

KNOW KIDS WHO LIKE TO COOK? >> If your kids like to spend time in the kitchen, we'd love to hear about it. Send recipes and photos to **tasteofhome.com/submit**. Remember to put "Kids in the Kitchen" in the subject line.

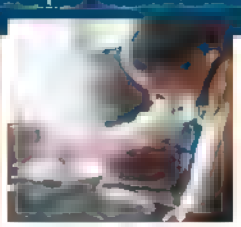


Harper Johnson, 4
LINCOLN, NE

Jacob Lorentz, 2
JUPITER, FL



Magdalene Clare Nash, 1
MONROE, MI



Ethan Aubrey, 5
CRESTON, OH

To learn more about My Kid's Kitchen and download a coloring book page, go to **tasteofhome.com/kids**

COOK SMART

spice rack

TREASURE FROM INDIA

For authentic curry powder, make your own. It's fresher and more aromatic than store-bought

powder is ground fresh vary by region and cook. A generation to generation

Curry powder adds exotic flavor to soups, stews, meat, chicken, seafood, vegetables—even fruit.

To improve the flavor of store-bought curry powder, saute the spices lightly in a little butter or oil before using.

Stir a bit of curry powder into mayonnaise and spread on sandwiches.

This spice blend puts zip into deviled egg filling, chicken salad and tuna salad.

curry powder

way. Use Jemima's personal blend.

pestle, combine all ingredients,

CURRY IN A HURRY

for some fast and easy recipes that use curry powder, visit tasteofhome.com/currypowder.

WINTER WARM UP

Cozy up with this savory and comforting combo

creamy butternut squash soup

"I lived in Australia, where pumpkin soup is served often. When I tried this velvety-smooth squash soup, I knew I had to have the recipe."

Tiffany Pope // DRAPER, UT

PREP: 15 MIN. COOK: 20 MIN.
YIELD: 2 SERVINGS

- 1/4 cup chopped onion
- 1 Tbsp. butter
- 3 cups cubed peeled butternut squash
- 1 medium potato, peeled and cubed
- 1-1/2 cups water
- 1-1/2 tsp. chicken bouillon granules
- 1/4 tsp. salt
- Dash pepper
- 1/4 cup evaporated milk

In a small saucepan, saute onion in butter until tender. Add squash and potato; cook and stir for 2 minutes. Add the water, bouillon, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender.

Cool slightly. In a blender, cover and process soup until smooth. Return to the pan; stir in milk and heat through.

onion & cheddar biscuits

"These biscuits are seriously addictive! I make a batch and freeze them. My husband often pops one in the microwave for breakfast."

Elaine Sweet // DALLAS, TX

PREP: 25 MIN. BAKE: 15 MIN.
YIELD: 6 BISCUITS

- 1/4 cup finely chopped sweet onion
- 4 Tbsp. cold butter, divided
- 1/4 cup white balsamic vinegar
- 1 cup all-purpose flour
- 1 Tbsp. sugar
- 1-1/2 tsp. baking powder
- 1/4 tsp. garlic salt
- 1/4 tsp. pepper
- 1/8 tsp. cayenne pepper
- 1/2 cup shredded cheddar cheese
- 2 green onions, chopped
- 1/4 cup buttermilk

In a small skillet, saute sweet onion in 1 Tbsp. butter until tender. Add vinegar; cook and stir until liquid is evaporated. Let cool.

In a small bowl, combine the flour, sugar, baking powder and seasonings. Cut in remaining butter until mixture resembles coarse crumbs. Add the onion mixture, cheese and green onions. Stir in buttermilk just until moistened.

Turn onto a lightly floured surface; knead 6-8 times. Pat or roll out to 1/2-in. thickness; cut with a floured 2-1/2-in. biscuit cutter. Place 2 in. apart on a greased baking sheet. Bake at 400° for 12-15 minutes or until golden brown. Serve warm.

MORE

For more recipes for two, sign up for the free Cooking for 2 E newsletter at tasteofhome.com/for2newsletter

Beef Taco Skillet

Prep: 5 min. Cook: 20 min. Makes: 4 servings

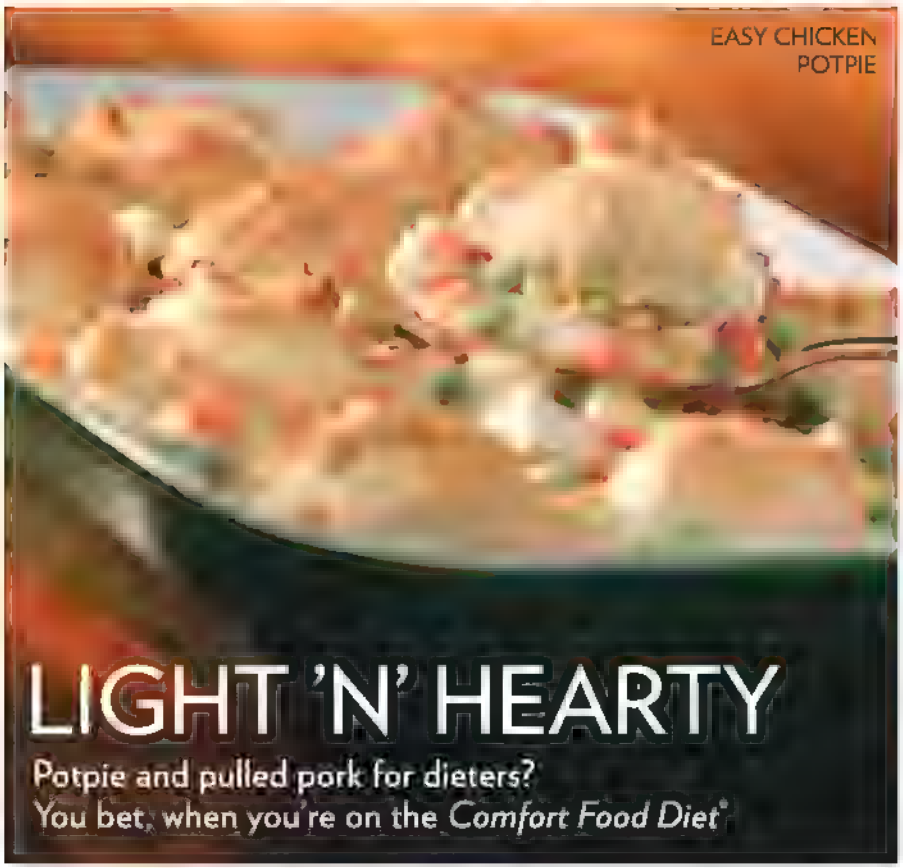
1 lb ground beef
1 can (10¾ oz.) Campbell's® Condensed Tomato Soup
½ cup Pace® Chunky Salsa
½ cup water
6 flour tortillas (6"), cut into 1" pieces
½ cup shredded Cheddar cheese

1. Cook beef in skillet over medium-high heat until well browned, stirring often to separate meat. Pour off fat.
2. Stir soup, salsa, water and tortillas in skillet and heat to a boil. Reduce heat to low. Cook 5 min. Stir. Top with cheese.

So many, many reasons it's so...**M'm! M'm! Good!**®

Campbell's

For hundreds of delicious recipe ideas explore **CampbellsKitchen.com**



LIGHT 'N' HEARTY

Potpie and pulled pork for dieters? You bet, when you're on the *Comfort Food Diet*®

FEBRUARY IS HEART MONTH

Do your heart good. Get in shape with the *Taste of Home Comfort Food Diet*® Cookbook. You'll get more than 400 delicious recipes a 6-week mea p an and more Find it where books are sold

easy chicken potpie

"I rely on a baking mix, canned soup and frozen vegetables for this spirit-warming favorite. I like to serve it with cranberry sauce."

Martha Evans // OMAHA, NE

PREP: 20 MIN. BAKE: 40 MIN.
YIELD: 6 SERVINGS

1 can (10-3/4 oz.) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted

1 can (10-3/4 oz.) reduced-fat reduced-sodium condensed cream of mushroom soup, undiluted

1/2 cup plus 2/3 cup fat-free milk, divided

1/2 tsp. dried thyme

1/4 tsp. pepper

1/8 tsp. poultry seasoning

2 pkg. (16 oz. each) frozen mixed vegetables, thawed

1-1/2 cups cubed cooked chicken breast

1-1/2 cups reduced-fat biscuit/baking mix

In a large bowl, combine the soups, 1/2 cup milk, thyme, pepper and poultry seasoning. Stir in vegetables and chicken.

Transfer to a 13-in. x 9-in. baking dish coated with cooking spray. In a small bowl, stir biscuit mix and remaining milk just until blended. Drop by 12 rounded tablespoonfuls onto chicken mixture.

Bake, uncovered, at 350° for 40-50 minutes or until filling is bubbly and biscuits are golden brown.

Nutrition Facts: 1-1/3 cups chicken mixture with 2 biscuits equals 342 calories, 5 g fat (2 g saturated fat), 36 mg cholesterol, 871 mg sodium, 53 g carbohydrate, 7 g fiber, 21 g protein. **Diabetic Exchanges:** 3 vegetable, 2-1/2 starch, 2 very lean meat.

TANGY PULLED PORK SANDWICHES

tangy pulled pork sandwiches

The slow cooker not only makes this an easy meal, but it keeps the pork tender and loaded with flavor. The sandwiches taste anything but light.

Beki Kosydar-Krantz
MAYFIELD, PA

PREP: 10 MIN. COOK: 4 HOURS
YIELD: 4 SERVINGS.

1 pork tenderloin (1 lb.)

1 cup ketchup

2 Tbsp. plus 1-1/2 tsp. brown sugar

2 Tbsp. plus 1-1/2 tsp. cider vinegar

1 Tbsp. plus 1-1/2 tsp. Worcestershire sauce

1 Tbsp. spicy brown mustard

1/4 tsp. pepper

4 kaiser rolls, split

Cut the tenderloin in half; place in a 3-qt. slow cooker. Combine the ketchup, brown sugar, vinegar, Worcestershire sauce, mustard and pepper; pour over pork.

Cover and cook on low for 4-5 hours or until meat is tender. Remove meat; shred with two forks. Return to the slow cooker; heat through. Serve on rolls.

Nutrition Facts: 1 sandwich equals 402 calories, 7 g fat (2 g saturated fat), 63 mg cholesterol, 1,181 mg sodium, 56 g carbohydrate, 2 g fiber, 29 g protein. **Diabetic Exchanges:** 3-1/2 starch, 3 very lean meat, 1/2 fat.

With CHANTIX you can smoke during the first week of treatment. Plus it's a non-nicotine pill that works by targeting nicotine receptors in the brain, attaching to them, and blocking nicotine from reaching them. If you're serious about quitting smoking, talk to your doctor.

If your doctor prescribes CHANTIX call 1-800-246-7084. We'll send you a **CHANTIX information kit which includes a $30 coupon** that you may be eligible to use.

CHANTIX is a prescription medicine to help adults 18 and over stop smoking.

Important Safety Information

Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment or after stopping CHANTIX. If you, your family, or caregiver notice agitation, hostility, depression, or changes in behavior, thinking, or mood that are not typical for you, or you develop suicidal thoughts or actions, anxiety, panic, aggression, anger, mania, abnormal sensations, hallucinations, paranoia, or confusion, stop taking CHANTIX and call your doctor right away. Also tell your doctor about any history of depression or other mental health problems before taking CHANTIX, as these symptoms may worsen while taking CHANTIX.

Some people can have serious skin reactions while taking CHANTIX, some of which can become life-threatening. These can include rash, swelling, redness, and peeling of the skin. Some people can have allergic reactions to CHANTIX, some of which can be life-threatening and include swelling of the face, mouth, and throat that can cause trouble breathing. If you have these symptoms or have a rash with peeling skin or blisters in your mouth, stop taking CHANTIX and get medical attention right away.

The most common side effects are nausea, sleep problems, constipation, gas, and vomiting. If you have side effects that bother you or don't go away, tell your doctor.

Patients also reported trouble sleeping, vivid, unusual, or strange dreams. Use caution driving or operating machinery until you know how CHANTIX may affect you.

You may need a lower dose of CHANTIX if you have kidney problems or get dialysis. Before starting CHANTIX, tell your doctor if you are pregnant, plan to become pregnant, or if you take insulin, asthma medicines, or blood thinners. Medicines like these may work differently when you quit smoking. CHANTIX should not be taken with other quit-smoking medicines. Should you slip up and smoke, keep trying to quit.

This coupon is not health insurance. This coupon is only available at participating pharmacies.
No membership fees. Estimated average co-pay savings is $30 per patient per year.

Please see patient Medication Guide on the next page.
Pfizer, PO Box 29387, Mission, KS 66201 www.pfizer.com

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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MEDICATION GUIDE

CHANTIX®

(varenicline) Tablets

Read the Medication Guide that comes with CHANTIX before you start taking it and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your condition or treatment.

What is the most important information I should know about CHANTIX?

Some people have had changes in behavior, hostility, agitation, depressed mood, and suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment or after stopping CHANTIX.

If you, your family, or caregiver notice agitation, hostility, depression or changes in behavior or thinking that are not typical for you, or you develop any of the following symptoms, stop taking CHANTIX and call your healthcare provider right away

- thoughts about suicide or dying, or attempts to commit suicide
- new or worse depression, anxiety or panic attacks
- feeling very agitated or restless
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- abnormal thoughts or sensations
- seeing or hearing things that are not there (hallucinations)
- feeling people are against you (paranoia)
- feeling confused
- other unusual changes in behavior or mood

When you try to quit smoking, with or without CHANTIX, you may have symptoms that may be due to nicotine withdrawal, including urge to smoke, depressed mood, trouble sleeping, irritability, frustration, anger, feeling anxious, difficulty concentrating, restlessness, decreased heart rate, and increased appetite or weight gain. Some people have even experienced suicidal thoughts when trying to quit smoking without medication. Sometimes quitting smoking can lead to worsening of mental health problems that you already have, such as depression.

Before taking CHANTIX, tell your doctor if you have ever had depression or other mental health problems. You should also tell your doctor about any symptoms you had during other times you tried to quit smoking, with or without CHANTIX.

See "**What are the possible side effects of CHANTIX?**"

Some people can have allergic reactions to CHANTIX. Some of these allergic reactions can be life-threatening and include: swelling of the face, mouth, and throat that can cause trouble breathing. If you have these symptoms, stop taking CHANTIX and get medical attention right away

Some people can have serious skin reactions while taking CHANTIX. These can include rash, swelling, redness, and peeling of the skin. Some of these reactions can become life-threatening. If you have a rash with peeling skin or blisters in your mouth, stop taking CHANTIX and see your doctor right away.

What is CHANTIX?

CHANTIX is a prescription medicine to help adults stop smoking

Quitting smoking can lower your chances of having lung disease, heart disease or getting certain types of cancer that are related to smoking

CHANTIX is not recommended for people under 18 years of age.

CHANTIX has not been studied with other treatments for stopping smoking

What should I tell my doctor before taking CHANTIX?

Tell your doctor about all of your medical conditions including if you:

- have ever had depression or other mental health problems. See "What is the most important information I should know about CHANTIX?"
- have kidney problems or get kidney dialysis. Your doctor may prescribe a lower dose of CHANTIX for you.
- have any allergies. See the end of this Medication Guide for a complete list of ingredients in CHANTIX.
- are pregnant or plan to become pregnant. CHANTIX has not been studied in pregnant women. It is not known if CHANTIX will harm your unborn baby. It is best to stop smoking before you get pregnant
- are breastfeeding. Although it was not studied in humans, CHANTIX may pass into breast milk. You and your doctor should talk about the best way to feed your baby if you take CHANTIX.

Tell your doctor about all your other medicines including prescription and nonprescription medicines, vitamins and herbal supplements Especially, tell your doctor if you take:

- insulin
- asthma medicines
- blood thinners

When you stop smoking, there may be a change in how these and other medicines work for you.

You should not use CHANTIX while using other medicines to quit smoking. Tell your doctor if you use other treatments to quit smoking

Know the medicines you take. Keep a list of them with you to show your doctor and pharmacist when you get a new medicine.

How should I take CHANTIX?

- Take CHANTIX exactly as prescribed by your doctor.
  1. Choose a **quit date** when you will stop smoking
  2. Start taking CHANTIX 1 week (7 days) before your **quit date**. This lets CHANTIX build up in your body. You can keep smoking during this time. Make sure that you try and stop smoking on your **quit date**. If you slip-up and smoke, try again. Some people need to take CHANTIX for a few weeks for CHANTIX to work best
  3. Take CHANTIX after eating and with a full glass (8 ounces) of water
  4. Most people will take CHANTIX for up to 12 weeks. If you have completely quit smoking by 12 weeks, your doctor may prescribe CHANTIX for another 12 weeks to help you stay cigarette-free.

- CHANTIX comes as a white tablet (0.5 mg) and a blue tablet (1 mg). You start with the white tablet and then usually go to the blue tablet. See the chart below for dosing instructions.

Day 1 to Day 3	• White tablet (0.5 mg) • Take 1 tablet each day
Day 4 to Day 7	• White tablet (0.5 mg) • Take 1 in the morning and 1 in the evening
Day 8 to end of treatment	• Blue tablet (1 mg) • Take 1 in the morning and 1 in the evening

- This dosing schedule may not be right for everyone. Talk to your doctor if you are having side effects such as nausea, strange dreams, or sleep problems. Your doctor may want to reduce your dose
- If you miss a dose of CHANTIX, take it as soon as you remember. If it is close to the time for your next dose, wait. Just take your next dose at your regular dose.

What should I avoid while taking CHANTIX?

Use caution driving or operating machinery until you know how CHANTIX may affect you. Some people who use CHANTIX may feel sleepy, dizzy, or have trouble concentrating, that can make it hard to drive or perform other activities safely

What are the possible side effects of CHANTIX?

- **Some patients have had new or worse mental health problems.** See "What is the most important information I should know about CHANTIX?"
- The most common side effects of CHANTIX include:
  - nausea
  - sleep problems (trouble sleeping or vivid, unusual, or strange dreams)
  - constipation
  - gas
  - vomiting

Tell your doctor about side effects that bother you or that do not go away.

These are not all the side effects of CHANTIX. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088

How should I store CHANTIX?

- Store CHANTIX at room temperature, 59 to 86°F (15 to 30°C)
- Safely dispose of CHANTIX that is out of date or no longer needed.
- **Keep CHANTIX and all medicines out of the reach of children.**

General information about CHANTIX

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use **CHANTIX** for a condition for which it was not prescribed. Do not give your **CHANTIX** to other people, even if they have the same symptoms that you have. It may harm them.

This Medication Guide summarizes the most important information about CHANTIX. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CHANTIX that is written for healthcare professionals.

For more about CHANTIX and tips on how to quit smoking, go to **www.CHANTIX.com** Or call **1-877-CHANTIX (877-242-6849)**.

What are the ingredients in CHANTIX?

Active ingredient: varenicline tartrate

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, colloidal silicon dioxide, magnesium stearate, Opadry® White (for 0.5 mg), Opadry® Blue (for 1 mg), and Opadry® Clear (for both 0.5 mg and 1 mg)

Rx only

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LET'S GO DUTCH

Get out your Dutch oven to make these thrifty yet satisfying meals

ITALIAN PORK STEW

italian pork stew

"For a meal that's different, try this bold, peppery combination. The anchovy paste adds a wonderful, salty flavor but doesn't taste fishy."

Lynne German // NORCROSS, GA

PREP: 30 MIN. COOK: 2-1/2 HOURS
YIELD: 8 SERVINGS (2 QT)

2/3 cup all-purpose flour
2 lbs. boneless pork loin, cut into 1-in. pieces
4 Tbsp. olive oil, divided
1 large onion, chopped
5 garlic cloves, crushed
1 can (28 oz.) diced tomatoes, undrained
1 cup dry red wine or beef broth
3 bay leaves
1 cinnamon stick (3 in.)
1 Tbsp. tomato paste
1 Tbsp. red wine vinegar
1 tsp. anchovy paste
1 tsp. each dried oregano, basil and sage leaves
1/2 tsp. salt
1/2 tsp. crushed red pepper flakes
1/4 tsp. pepper
1/4 cup minced fresh parsley
Hot cooked bow tie pasta
Grated Parmesan cheese

Place flour in a large resealable plastic bag. Add pork, a few pieces at a time, and shake to coat. In a Dutch oven, brown pork in 3 Tbsp. oil in batches. Remove and keep warm.

In same pan, saute onion in remaining oil until tender. Add garlic; cook 1 minute longer. Add tomatoes, wine, bay leaves, cinnamon, tomato paste, vinegar, anchovy, herbs, salt, pepper flakes, pepper and pork; bring to a boil.

Reduce heat; cover and simmer for 1-1/2 hours, stirring occasionally. Stir in parsley. Cover and cook 30-60 minutes longer or until meat is tender. Skim fat; discard bay leaves and cinnamon. Serve with pasta, sprinkle with cheese.

DUTCH OVEN TIPS

If you don't own one, consider buying an oven-proof Dutch oven. Nothing is more versatile for going from stovetop to oven to table.

To prevent food from sticking, heat the pot over medium heat before adding food.

To clean, fill the pot with water and boil until the food releases. Drain water and scrub with a ball of aluminum foil to remove any burned-on food.

presto chicken tacos

"Slowly cooking the chicken with the seasonings is the key to perfection with this dish. The chicken mixture also makes a great salad topping."

Nanette Hilton // LAS VEGAS, NV

PREP: 20 MIN. COOK: 25 MIN.
YIELD: 12 SERVINGS

3 lbs. boneless skinless chicken breasts, cut into strips
2 Tbsp. canola oil
1 garlic clove, minced
2 cans (14-1/2 oz. each) diced tomatoes, undrained
1 tsp. ground cumin
1 tsp. chili powder
12 corn tortillas (6 in.), warmed
Optional toppings: shredded lettuce, shredded cheddar cheese, diced tomatoes, fresh cilantro leaves, sour cream and cubed avocado

In a Dutch oven, brown chicken in oil in batches. Add garlic; cook 1 minute longer. Add the tomatoes, cumin and chili powder. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until chicken is no longer pink, stirring occasionally. Fill each tortilla with about 1/2 cup chicken mixture. Serve with toppings of your choice.

baked stew with root vegetables

Tender beef and a medley of chunky veggies make this a family pleaser.

Barb Templin // NORWOOD, MN

PREP: 35 MIN. BAKE: 2-1/2 HOURS
YIELD: 8 SERVINGS (3 QT)

1 cup all-purpose flour, divided
3/4 tsp. salt
1/2 tsp. pepper
2 lbs. boneless beef chuck roast, cut into 1-in. cubes
1/4 cup canola oil
1 large onion, chopped
3 Tbsp. butter
2 garlic cloves, minced
5 cups beef broth
1 bay leaf
3 celery ribs
3 medium parsnips, peeled
3 medium carrots
1 small rutabaga, peeled

In a resealable plastic bag, combine 3/4 cup flour, salt and pepper. Add beef, a few pieces at a time; shake to coat. In an ovenproof Dutch oven, brown beef in oil in batches. Remove; keep warm.

In same pan, saute onion in butter until tender. Stir in garlic, then remaining flour until blended. Gradually add broth; stir in bay leaf and beef. Bring to a boil.

Cover; bake at 350° for 1 hour. Cut vegetables into 1-in. pieces; stir into stew. Cover; bake 1-1/2 to 2 hours longer or until beef is tender. Skim fat and discard bay leaf.

CAN DO

In a hurry? Stir up dinner with a semi-scratch soup that starts with a can

chicken tortilla chowder

Tortilla strips cook up like noodles in this thick, creamy Southwestern-style chowder.

Dana Rood // LORDANA, IN

PREP/TOTAL TIME: 30 MIN.
YIELD: 10 SERVINGS (2-1/2 QT.)

- 2 cans (10-3/4 oz. each) condensed cream of potato soup, undiluted
- 2 cans (10-3/4 oz. each) condensed cream of chicken soup, undiluted
- 2 cups 2% milk
- 1 can (14-1/2 oz.) reduced-sodium chicken broth
- 1 can (11 oz.) Mexicorn, drained
- 1 pkg. (10 oz.) ready-to-serve roasted chicken breast strips, chopped
- 1 can (4 oz.) chopped green chilies
- 5 flour tortillas (8 in.), cut into 2-in. x 1/2-in. strips
- 1 cup (4 oz.) shredded cheddar cheese
- Additional shredded cheddar cheese, optional

In a large saucepan, heat the soups, milk and broth, stirring frequently. Add corn, chicken and chilies; bring to a boil. Stir in the tortilla strips. Reduce heat; simmer, uncovered, for 5 minutes. Stir in the cheese until melted. Sprinkle each serving with additional cheese if desired.

CONTINUED ON PAGE 50

try new toothpaste, make kids' lunches, clip coupons from newspaper, invest in home haircutting kit for kids, try to make 6 a.m. spinning class, drop kids off at school, wait until nobody's watching and sneak a candy bar, take Molly to ballet lesson, grab a latte, stop avoiding the gym, interview job applicants, put air in exercise ball, make costume for the school play, take recycling to curb, get a full serving of vegetables, do laundry, keep a food journal, clean house before the in-laws visit, clean gutters, make it to yoga class on Tuesday, carpool to soccer practice Saturday, pull weeds in the yard, make time to play catch with Jake, pick up some flowers, window-shop, finish the presentation, practice deep breathing exercise before opening 401(k) statement, drink eight glasses of water, do glute squeezes at my desk, change furnace filter, explain to Molly what "you are what you eat" means, have some family time, stay awake worrying about how to pay for college, meet with financial advisor after Tom goes golfing, find Molly's retainer, practice public speaking, return that ugly shirt, ride my bike to local shops, clean off desk, drive past the drive-thru, buy dog food, buy insulation kits for doors, schedule sales meeting, replace the paper towel roll, finalize sales projections, revise to-do list, read bedtime stories, remember nothing is as bad as it could be, ship package, organize pantry, think fast when making awkward small talk with the neighbor, switch my purse, get bids for the roof, sign Molly's field trip permission slip, charge cell phone, run more than one block without stopping, take the stairs for once, feed the fish, work as hard as I can, take out home equity loan to pay for gas at pump, drive slower and avoid quick starts, check air pressure in tires to improve fuel economy, park farther away from the door, check the weather, shred mail, meet with book club, get the carpet cleaned, set alarm for 5:30, pay bills online, give my kids a hug, think about exercising more, sign insurance form, use cash instead of credit cards, RSVP for party, sharpen the knives, take penny jar to the bank, pay water bill, rake the leaves, check the mailbox, wonder who does laundry when I'm out of town, find the hamster before the cat does, iron my favorite long black skirt, remind Tom that we're watching what we spend, don't go to the grocery store hungry, plan block party, cancel newspaper, change phone plan to less minutes, help Tom find car keys, miss 6 a.m. spinning class and shoot for 5 p.m. one, find the good plates, eat out less, wash windows, set the digital recorder, attend many meetings, put toilet paper roll on the right way, go over the weekly budget with Tom, switch out light bulbs to energy-saving bulbs, trade candy bar for an apple, enjoy the kids, take back library books, e-mail cookie recipe, check car seat, think about why you spend more than you make, play a board game with the kids after dinner, show Jake how to set the table, water the ficus tree, teach Molly the food pyramid, pop in workout video, motivate myself to do it, play catch-up, sweep kitchen floor, tell kids to use coasters, say no to sugar, iron my no-iron khakis, make brown bag lunches, change a diaper, change another diaper, get toddler dressed, do sit-ups during commercials, read nutrition labels, mop the floors, groom the dog, play with the kids, look for pair of socks, laugh at a joke, figure out what organic means, finish Sunday's crossword puzzle, look for my weights, recaulk bathtub, cut soda out of diet, go on a long walk, hope that the baby goes to bed easily, get up before the alarm goes off,

chat for a bit at the water cooler, empty the dishwasher, find the cat, find a really good healthy recipe, wash the car, pay more bills online, step on the scale, take vitamins, call my banker, feed a stray cat, **We can help.®** water the plants, return movies, coil the garden hose, order wheat instead of white, go to farmers market on my way home, dig for change in seats of car, downgrade to basic cable, avoid late fees on bill, eat some cake, **www.minuterice.com** plan weekly meals, trade in SUV for a hybrid compact, dye hair, multitask, enjoy some good family time, ©2010 Riviana Foods Inc.

tomato tortellini soup

No one will guess you "cheated" by using a can to make this lovely soup. It tastes homemade all the way!

Sandra Fick // LINCOLN, NE

PREP/TOTAL TIME: 25 MIN
YIELD: 10 SERVINGS (2-1/2 QT)

1 pkg. (9 oz.) refrigerated cheese tortellini

2 cans (10-3/4 oz. each) reduced-sodium condensed tomato soup, undiluted

2 cups vegetable broth

2 cups 2% milk

2 cups half-and-half cream

1/2 cup chopped oil-packed sun-dried tomatoes

1 tsp. onion powder

1 tsp. garlic powder

1 tsp. dried basil

1/2 tsp. salt

1/2 cup shredded Parmesan cheese

Additional shredded Parmesan cheese, optional

Cook tortellini according to package directions.

Meanwhile, in a Dutch oven, combine the soup, broth, milk, cream, tomatoes and seasonings. Heat through, stirring frequently. Drain tortellini; carefully add to soup. Stir in cheese. Sprinkle each serving with additional cheese if desired.

TRY THESE VARIATIONS

Try substituting leftover cubed pork for the chicken in the Chicken Tortilla Chowder.

To add richness and eye appeal, drizzle cream over the tomato tortellini, split pea and chicken tortilla soups before serving.

No zucchini or mushrooms for the cabbage soup? An equal amount of mixed frozen veggies will work just fine.

30-minute chicken noodle soup

"This great soup is perfect for a cold, blustery day. It's my favorite thing to eat when I'm not feeling well, it makes me feel so much better"

Lacey Waadt // PAYSON, UT

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

4 cups water

1 can (14-1/2 oz.) chicken broth

1-1/2 cups cubed cooked chicken breast

1 can (10-3/4 oz.) condensed cream of chicken soup, undiluted

3/4 cup sliced celery

3/4 cup sliced fresh carrots

1 small onion, chopped

1-1/2 tsp. dried parsley flakes

1 tsp. reduced-sodium chicken bouillon granules

1/4 tsp. pepper

3 cups uncooked egg noodles

In a Dutch oven, combine the first 10 ingredients. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are crisp-tender. Stir in noodles; cook 5-7 minutes longer or until noodles and vegetables are tender.

hearty cabbage soup

"I didn't have time to make my favorite cabbage rolls one day, so I threw together this soup and loved it!"

Renee Leary
CITRUS SPRINGS, FL

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

1 lb. ground beef

1 medium onion, chopped

3-1/2 cups shredded cabbage

1 medium zucchini, halved and thinly sliced

1 cup sliced fresh mushrooms

1 carton (18.3 oz.) ready-to-serve sweet red pepper soup

1 can (10 oz.) diced tomatoes and green chilies, undrained

1/4 tsp. hot pepper sauce

1/4 tsp. salt

1/4 tsp. pepper

1/4 cup grated Parmesan cheese

In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Add the cabbage, zucchini and mushrooms; cook and stir 8 minutes longer. Stir in the soup, tomatoes, pepper sauce, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Sprinkle each serving with cheese.

shortcut split pea soup

Celery, carrots and thyme dress up canned soup for a speedy lunch or light dinner. Just add a tossed salad and bread or crackers on the side.

Donna Noel // GRAY, ME

PREP/TOTAL TIME: 30 MIN.
YIELD: 5 SERVINGS

3 cups water

2 tsp. reduced-sodium chicken bouillon granules

1/2 tsp. dried thyme

4 celery ribs and leaves

2 medium carrots, thinly sliced

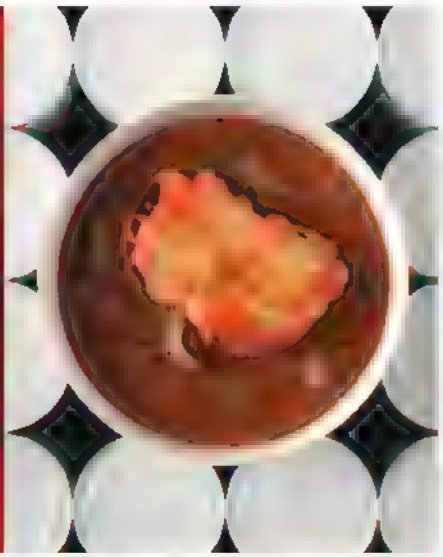
2 cans (11-1/2 oz. each) condensed split pea soup, undiluted

1 cup cubed fully cooked ham

Shaved Parmesan cheese, optional

In a large saucepan, bring the water, bouillon granules and thyme to a boil. Thinly slice celery ribs and finely chop the leaves; set leaves aside.

Add celery ribs and carrots to water mixture, simmer, uncovered, for 5-8 minutes or until tender. Stir in the soup, ham and celery leaves; heat through. Top each serving with cheese if desired.



french onion soup

"For a fuss-free meal, I sometimes make this savory, satisfying soup in a slow cooker. It cooks on low for 3 to 4 hours."

Denise Hruz // GERMANTOWN, WI

PREP/TOTAL TIME: 30 MIN.
YIELD: 9 SERVINGS (2-1/4 QT.)

1/4 cup butter, cubed

4 large onions, sliced

1/4 cup sugar

2 Tbsp. all-purpose flour

2 cans (14-1/2 oz. each) reduced-sodium beef broth

2 cans (10-1/2 oz. each) condensed French onion soup

2 cups water

1/2 cup grated Parmesan cheese

9 slices French bread (1/2 in. thick)

9 Tbsp. shredded part-skim mozzarella cheese

In a Dutch oven over medium-high heat, melt butter. Add onions; saute until tender. Add sugar; cook and stir until lightly browned. Stir in flour until blended; gradually add the broth, soup and water. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in Parmesan cheese.

Meanwhile, place bread on a baking sheet. Broil 4 in. from the heat for 2 minutes on each side or until toasted. Sprinkle with mozzarella; broil for 2 minutes or until cheese is melted. Ladle soup into bowls; top each with a cheese toast.

advert sement

Make Buffalo Chex® Party Mix!

We have a winner!

Monica F. of Knoxville, TN, wowed the Chex® Party Mix Recipe Contest with her irresistible savory mix.

Buffalo Chex® Mix

Start to finish: 15 minutes, 24 servings (½ cup each)

4 cups Rice Chex® cereal
4 cups Wheat Chex® cereal
2 cups Parmesan-flavored crackers
2 cups pretzel twists
6 tablespoons butter
2½ tablespoons hot sauce
1 packet ranch dressing mix
2 teaspoons celery seed

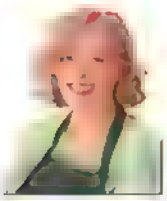
1. In large microwavable bowl, mix cereals, crackers and pretzels; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in hot sauce and seasonings. Pour over cereal mixture; stir until evenly coated.

2. Microwave uncovered on High 4 to 5 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

©2009 General Mills

Find the winning recipe and dozens more at ChexPartyMix.com

Make Chex Party Mix!



JUST THE RIGHT TOUCH

"When it comes to a plate garnish, the only limit is your imagination!" —Karen Schwarck //CULINARY MANAGER

Depending on the theme, holiday, plate size and the food being served, you can have fun adding that special touch to a dessert plate.

Your plate will be more interesting if there are at least three elements, something crunchy, something creamy and something to really sink your teeth into. Take a warm brownie with a scoop of vanilla ice cream and a drizzle of hot caramel sauce. The brownie has a wonderfully chewy texture, and nuts add a little bit of crunch. The ice cream is a great contrast of cold, and the color of the hot sauce with its buttery flavor can't be beat!

Here are some classic dessert garnishes:

Chocolate shavings, curls or other chocolate designs

Powders confectioners' sugar, cocoa powder, ground cinnamon, ground nutmeg

Sauces (cold or warm) chocolate, vanilla custard (creme Anglaise), caramel

Fruit purees raspberry, strawberry, blackberry, mango, kiwi, peach

Fresh fruit berries, pomegranate seeds, mangoes, kiwi, peaches, star fruit, pineapple, caramelized banana and/or pineapple

Cookies any kind, but tuiles and butter cookies are the most versatile

Nuts whole or chopped, plain or candied, toasted or raw (ground raw pistachios are a beautiful garnish)

Citrus fresh or candied zest, fresh or candied rounds

Edible flowers pansies, rose petals, marigolds, tulip petals, orchids, violets, nasturtiums, orange blossoms, snapdragons

Herbs mint leaves, lavender sprigs, lemon thyme, rosemary

Coconut long shreds of dried, fresh or toasted

soon to be one of your favorite
KITCHEN COMPANIONS

1,300+
family-style recipes...

taste of home
for only $29.95 wherever
books are sold nationwide

BEEF IT UP!

In a dilemma over dinner? Pick up a package or two of economical ground beef, and your options are endless, from chili and cheeseburgers to casseroles and quiches. The 12 Ground Beef contest winners on the next pages will make your meal planning a no-brainer!

YOU COULD BE NEXT!

TURN THE PAGE TO ENTER OUR NEXT REC PE CONTEST »

THE WINNERS ARE...

GRAND PRIZE—$500
Monica Flatford // KNOXVILLE, TN

2ND PLACE—$300
Barbie Miller // OAKDALE, MN

3RD PLACE—$150
Sherri Cox // LUCASVILLE, OH

ENTER OUR NEXT CONTEST!

HOLIDAY DESSERTS

Super-creamy pumpkin pie, divine chocolate fudge, frozen peppermint squares—these are a few of our favorite treats, and we bet you have some, too. You know, those scrumptious, always-requested desserts reserved just for the holidays, the seasonal sweet treats guests always gush over.

Send us your very best "Holiday Desserts" recipes, and you could win $500 for 1st place, $300 for 2nd or $150 for 3rd. Nine runners-up will receive the latest *Content Winning Annual Recipes* cookbook.

WE'D LOVE TO SEE:

- Rich and festive cakes, tortes and trifles
- Old-fashioned favorites such as fruitcake and mincemeat pie
- Assorted muffins and quick breads perfect for the season
- Classic candies and cute cupcakes. Any kind of bar—chewy, chocolaty, nutty and much more

(No cookies, please. They get their own contest.)

ENTRY DEADLINE IS
April 15, 2010

Winners will be announced in the December/January 2011 issue.

YOU COULD WIN $500!

Enter today at tasteofhome.com/recipecontests

ON A ROLL

If it fills up my family and puts a smile on their face, it's a keeper recipe.

– **Monica Flatford** KNOXVILLE, TN

What's the secret to recipe success? For **Monica Flatford**, it's blending bits and pieces of a few recipes with her family's favorite ingredients.

That's exactly how this Knoxville, TN cook came up with her recipe for Tacoritos, the Grand Prize winner in our recent Ground Beef contest. Our judges loved the authentic Southwest flavor of these beefy roll-ups.

"I've been making this recipe for at least 10 years," says Monica. "Tacoritos are flavorful and cheesy; that's why my family likes them."

Monica's family—husband Lynn; son Landon, 13, and daughter Mackenzie, 6—enjoys her cooking, including other Southwest favorites such as taco bake and chicken corn chili. "If it fills up my family and puts a smile on their face, it's a keeper recipe," she says.

The Tacoritos recipe is also Monica's go-to dish when guests stay with them. "I can prepare portions of it ahead of time, then assemble it quickly and bake it the day I need it."

The Flatfords are constantly on the run, Monica says. She and her husband are both managers at the Knoxville Convention Center—she's in marketing, he's in telecommunications and technology. But they always make time for a big family meal every Sunday.

"My meat loaf is one of their favorite dishes," Monica adds. "And I'm well-known for my meatballs and chicken salad."

Now, she can add her winning Tacoritos to that list.

MONICA'S TIP

If rolling individual Tacoritos is too time-consuming, you can stack them, layering like lasagna, in a round baking dish.

tacoritos

Monica Flatford // KNOXVILLE, TN

This mild and meaty Southwestern dish combines the delicious flavor of tacos with the heartiness of burritos. Your family's going to love 'em!

roadside diner cheeseburger quiche

Barbie Mille

herb & cheese-stuffed burgers

Cre

ground-beef burgers? This creamy cheese filling, will

tapas meatballs with orange glaze

Bonnie Stallings // MARTINSBURG, WV

Crisp on the outside, moist on the inside, these baked, cheese-stuffed appetizers are drizzled with a tasty sweet-sour glaze

ROADSIDE DINER // CHEESEBURGER QUICHE

PREP: 20 MIN. BAKE: 50 MIN. + STANDING
YIELD: 8 SERVINGS

1 sheet refrigerated pie pastry
3/4 lb. ground beef
2 plum tomatoes, seeded and chopped
1 medium onion, chopped
1/2 cup dill pickle relish
1/2 cup crumbled cooked bacon
5 eggs
1 cup heavy whipping cream
1/2 cup 2% milk
2 tsp. prepared mustard
1 tsp. hot pepper sauce
1/2 tsp. salt
1/4 tsp. pepper
1-1/2 cups (6 oz.) shredded cheddar cheese
1/2 cup shredded Parmesan cheese

Optional garnishes: mayonnaise, additional pickle relish, crumbled cooked bacon, and chopped onion and tomato

Unroll pastry into a 9-in. deep-dish pie plate; flute edges and set aside. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the tomatoes, onion, relish and bacon. Transfer to prepared pastry.

In a large bowl, whisk the eggs, cream, milk, mustard, pepper sauce, salt and pepper. Pour over beef mixture. Sprinkle with cheeses.

Bake at 375° for 50-60 minutes or until a knife inserted near the center comes out clean. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Let stand for 10 minutes before cutting. Garnish with optional ingredients if desired.

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// TACORITOS

PREP: 40 MIN. BAKE: 20 MIN.
YIELD: 8 SERVINGS

1/4 cup butter, cubed
1/4 cup all-purpose flour
4 cups water
3 Tbsp. chili powder
1 tsp. garlic salt
1 lb. ground beef
1 lb. bulk pork sausage
1/4 cup chopped onion
1 cup refried beans
8 flour tortillas (8 in.), warmed
3 cups (12 oz.) shredded Monterey Jack cheese

Optional toppings: shredded lettuce, chopped tomatoes, sliced ripe olives and sour cream

In a large saucepan, melt butter. Stir in flour until smooth; gradually add water. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in chili powder and garlic salt. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

In a large skillet over medium heat, cook the beef, sausage and onion until meat is no longer pink; drain. Stir in refried beans; heat through.

Spread 1/4 cup sauce in a greased 13-in. x 9-in. baking dish. Spread 1 Tbsp. sauce over each tortilla; place 2/3 cup meat mixture down the center of each. Top each with 1/4 cup cheese. Roll up and place seam side down in prepared dish. Pour remaining sauce over the top; sprinkle with remaining cheese.

Bake, uncovered, at 350° for 18-22 minutes or until bubbly and cheese is melted. Serve with optional toppings if desired.

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TAPAS MEATBALLS // WITH ORANGE GLAZE

PREP: 25 MIN. + CHILLING BAKE: 20 MIN.
YIELD: 16 MEATBALLS

1 egg, beaten
1/4 cup ketchup
1 small onion, finely chopped
1/2 cup soft bread crumbs
1/4 cup minced fresh parsley
3 tsp. paprika
2 garlic cloves, minced
1/2 tsp. salt
1/2 tsp. pepper
1 lb. lean ground beef (90% lean)
2 1/2 oz. feta cheese, cut into sixteen 1/2-in. cubes

GLAZE:
1 jar (12 oz.) orange marmalade
1/4 cup orange juice
3 green onions, chopped, divided
1 jalapeno pepper, seeded and chopped

In a large bowl, combine the first nine ingredients. Crumble beef over mixture and mix well.

Divide into 16 portions; flatten. Top each with a cheese cube; form beef mixture around cheese into meatballs. Place on a greased rack in a shallow baking pan. Bake, uncovered, at 400° for 20-25 minutes or until no longer pink.

In a small saucepan, heat the marmalade, orange juice half of the green onions and the jalapeno.

Place meatballs in a serving dish; pour glaze over the top and gently stir to coat. Garnish with remaining green onions.

Editor's Note: When cutting hot peppers, wear disposable gloves. Avoid touching your face or eyes.

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HERB & CHEESE-STUFFED // BURGERS

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1/4 cup shredded cheddar cheese
2 Tbsp. cream cheese, softened
2 Tbsp. minced fresh parsley
3 tsp. Dijon mustard, divided
2 green onions, thinly sliced
3 Tbsp. dry bread crumbs
2 Tbsp. ketchup
1/2 tsp. salt
1/2 tsp. dried rosemary, crushed
1/4 tsp. dried sage leaves
1 lb. lean ground beef (90% lean)
4 hard rolls, split
Lettuce leaves and tomato slices, optional

In a small bowl, combine cheddar cheese, cream cheese, parsley and 1 tsp. mustard; set aside.

In another bowl, combine the onions, bread crumbs, ketchup, salt, rosemary, sage and remaining mustard. Crumble beef over mixture and mix well. Shape into eight thin patties. Spoon cheese mixture onto center of four patties; top with remaining patties and press edges firmly to seal.

Grill burgers, covered, over medium heat or broil 4 in. from heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Serve burgers on rolls with lettuce and tomato if desired.

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bacon cheeseburger pizza

Vivian Taylor // MIDDLEBURG, FL

Why order out when you can have this mouth-watering pizza ready before the delivery guy shows up? And the kids can help you make it!

rootin'-tootin' cincinnati chili

Holly Gomez // SEABROOK, NH

Yes, there's root beer in this spicy chili, and it adds a nice touch of sweetness. Serve over spaghetti and let everyone add his or her own favorite toppings.

greek meat loaves

Radelle Knappenberger // OVIEDO, FL

Flavored with sun dried tomatoes and Greek olives, this twist on traditional meat loaf will be a hit, especially when served with a Greek salad and crusty bread

hot tamale casserole

Sharon Delaney-Chronis // SOUTH MILWAUKEE, WI

If you enjoy tamales, you're going to love this appetizing layered dish It's ooey gooey good with just the right amount of heat

// ROOTIN'-TOOTIN' CINCINNATI CHILI

PREP: 25 MIN. COOK: 30 MIN.
YIELD: 4 SERVINGS

- 1 lb. ground beef
- 1 small onion, chopped
- 1 small green pepper, chopped
- 1 garlic clove, minced
- 1 can (14-1/2 oz.) fire-roasted diced tomatoes, undrained
- 1 cup root beer
- 2 Tbsp. chili powder
- 2 Tbsp. tomato paste
- 2 Tbsp. minced chipotle peppers in adobo sauce
- 1 Tbsp. ground cumin
- 1 beef bouillon cube
- Hot cooked spaghetti
- **Optional toppings:** crushed tortilla chips, chopped green onions, and shredded cheddar and Parmesan cheeses

In a large saucepan, cook the beef, onions, green pepper and garlic over medium heat until meat is no longer pink; drain. Add the tomatoes, root beer, chili powder, tomato paste, chipotle peppers, cumin and bouillon. Bring to a boil.

Reduce heat; cover and simmer for 20-30 minutes to allow flavors to blend. Serve over spaghetti. Garnish with chips, green onions and cheeses if desired.

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// BACON CHEESEBURGER PIZZA

PREP: 30 MIN. + STANDING BAKE: 15 MIN.
YIELD: 6 SLICES

- 3 cups bread flour
- 2 Tbsp. sugar
- 1 pkg. (1/4 oz.) quick-rise yeast
- 1 1/2 tsp. salt
- 3/4 cup warm water (120° to 130°)
- 2 Tbsp. olive oil
- 1 lb. lean ground beef (90% lean)
- 3 garlic cloves, minced
- 1/8 tsp. pepper
- 1 cup grated Parmesan cheese
- 1 jar (10 oz.) sun-dried tomato pesto
- 1 large red onion, chopped
- 1/4 cup bacon bits
- 1 cup (4 oz.) shredded part-skim mozzarella cheese
- 1 cup (4 oz.) sharp shredded cheddar cheese

In a large bowl, combine 2 cups flour, sugar, yeast and salt. Add water and oil; mix until smooth. Stir in enough remaining flour to form a firm dough.

Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Cover and let rest for 10 minutes.

Meanwhile, in a large skillet over medium heat, cook the beef, garlic and pepper until meat is no longer pink; drain.

On a floured surface, roll dough into a 15-in. circle. Transfer to a greased 14-in. pizza pan. Build up edges slightly. Prick dough thoroughly with a fork. Bake at 450° for 5-8 minutes or until lightly browned.

Sprinkle crust with Parmesan cheese. Top with pesto, meat mixture, onion, bacon bits, and mozzarella and cheddar cheeses. Bake for 15-20 minutes or until cheese is melted.

// HOT TAMALE CASSEROLE

PREP: 35 MIN. BAKE: 30 MIN.
YIELD: 6 SERVINGS EACH

- 2 cups water
- 1/4 tsp. salt
- 1/8 tsp. cayenne pepper
- 1/2 cup cornmeal
- 1-1/2 lbs. lean ground beef (90% lean)
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 2 garlic cloves, minced
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 can (10 oz.) enchilada sauce
- 1 can (4 oz.) chopped green chilies
- 1 can (2-1/4 oz.) sliced ripe olives, drained
- 2 tsp. chili powder
- 2 tsp. minced fresh cilantro
- 3/4 cup shredded cheddar cheese

In a small heavy saucepan, bring the water, salt and cayenne to a boil. Reduce heat to a gentle boil; slowly whisk in cornmeal. Cook and stir with a wooden spoon for 15-20 minutes or until polenta is thickened and pulls away cleanly from the sides of the pan.

Meanwhile, in a large skillet, cook the beef, onion, green pepper and garlic over medium heat until meat is no longer pink. Stir in the beans, enchilada sauce, chilies, olives, chili powder and cilantro; heat through.

Spread polenta into a greased 8-in. square baking dish. Top with meat mixture. Cover and bake at 350° for 25 minutes. Sprinkle with cheese. Bake, uncovered, for 2-5 minutes or until filling is bubbly and cheese is melted.

// GREEK MEAT LOAVES

PREP: 20 MIN. BAKE: 50 MIN.
YIELD: 2 LOAVES (6 SERVINGS EACH)

- 2 eggs, beaten
- 1/2 cup ketchup
- 1/4 cup 2% milk
- 1 large red onion, finely chopped
- 3/4 cup quick-cooking oats
- 1/3 cup oil-packed sun-dried tomatoes, patted dry and finely chopped
- 1/3 cup pitted Greek olives, chopped
- 2 garlic cloves, minced
- 1 tsp. salt
- 1 tsp. pepper
- 2 lbs. lean ground beef (90% lean)
- 1/2 cup crumbled feta cheese

In a large bowl, combine the first 10 ingredients. Crumble beef over mixture and mix well. Pat into two greased 8-in. x 4-in. loaf pans.

Bake, uncovered, at 350° for 50-60 minutes or until no pink remains and a meat thermometer reads 160°. Let stand for 5 minutes. Transfer to a serving plate; sprinkle with cheese.

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italian shepherd's pies

Sonya Labbe // SANTA MONICA, CA

Made in individual baking cups, these hearty little pies have biscuit-like tops and a saucy filling. You can also prepare the mixture in a 1-1/2-quart casserole dish

cream cheese and swiss lasagna

Betty Lou Pearson // EDGEWATER, MD

"I like to fix the chunky meat sauce for this dish the day before, so the flavors can blend. It serves 12, unless you have big eaters who will definitely want seconds."

// ITALIAN SHEPHERD'S PIES

PREP: 20 MIN. BAKE: 15 MIN
YIELD: 4 SERVINGS

- 1 lb. ground beef
- 1 medium onion, finely chopped
- 2 cups marinara sauce
- 1/8 tsp. salt
- 1/8 tsp. pepper

TOPPING:
- 1 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. Italian seasoning
- 1/2 cup 2% milk
- 1/4 cup butter, melted

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the marinara sauce, salt and pepper; cook and stir for 8-10 minutes or until thickened. Spoon into four 8-oz. ramekins or custard cups; set aside.

In a small bowl, combine the flour, cheese, baking powder, salt and Italian seasoning. Stir in milk and butter just until moistened. Spoon dough over meat mixture; place ramekins on a baking sheet.

Bake at 450° for 12-15 minutes or until golden brown.

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// CHIPOTLE CHEESEBURGERS

PREP/TOTAL TIME: 25 MIN
YIELD: 4 SERVINGS

- 1 small onion, finely chopped
- 2 Tbsp. minced fresh cilantro
- 1 chipotle pepper in adobo sauce, finely chopped
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. seasoned salt
- 1/4 tsp. pepper
- 1 lb. ground beef
- 4 slices part-skim mozzarella cheese
- 4 hamburger buns, split and toasted
- Lettuce leaves and tomato slices, optional

In a small bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into four patties.

Grill, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Top with cheese. Cover and cook 1-2 minutes longer or until cheese is melted. Serve on buns with lettuce and tomato if desired.

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// BEEF & BACON STROGANOFF

PREP: 20 MIN. COOK: 20 MIN
YIELD: 6 SERVINGS

- 1 lb. lean ground beef (90% lean)
- 5 thick-sliced bacon strips, chopped
- 1 cup sliced fresh mushrooms
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 Tbsp. all-purpose flour
- 1 can (14-1/2 oz.) beef broth
- 1 can (10-3/4 oz.) condensed cream of mushroom with roasted garlic soup, undiluted
- 2 Tbsp. Worcestershire sauce
- 1 tsp. pepper
- 1/4 tsp. salt
- 1/4 tsp. paprika
- 6 cups uncooked egg noodles
- 1 cup (8 oz.) sour cream
- 2 tsp. prepared horseradish
- 1/2 cup shredded white cheddar cheese
- Minced fresh parsley, optional

In a large skillet over medium heat, cook the beef, bacon, mushrooms, onion and garlic until beef is no longer pink; drain. Stir in flour until blended. Add broth, soup, Worcestershire sauce, pepper, salt and paprika. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes, stirring occasionally.

Meanwhile, cook noodles according to package directions; drain.

Stir sour cream and horseradish into beef mixture; heat through (do not boil). Serve with noodles. Sprinkle with the cheese. Garnish with parsley if desired.

// CREAM CHEESE AND SWISS LASAGNA

PREP: 40 MIN. + SIMMERING
BAKE: 55 MIN. + STANDING YIELD: 12 SERVINGS

- 1-1/2 lbs. lean ground beef (90% lean)
- 1 lb. bulk Italian sausage
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 2 cans (15 oz. each) tomato sauce
- 1 can (14-1/2 oz.) Italian diced tomatoes, undrained
- 1 can (6 oz.) tomato paste
- 2 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. Italian seasoning
- 1/2 tsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 9 no-cook lasagna noodles
- 12 oz. cream cheese, softened
- 2 cups shredded part-skim mozzarella cheese, divided
- 2 cups shredded Parmesan cheese
- 2 cups shredded Swiss cheese

In a Dutch oven over medium heat, cook the beef, sausage, onion and garlic until meat is no longer pink; drain. Stir in the tomato sauce, tomatoes, tomato paste, oregano, basil, Italian seasoning, sugar, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.

Spread 1 cup sauce in a greased 13-in. x 9-in. baking dish. Top with three noodles. Drop a third of the cream cheese by teaspoonfuls over the top. Sprinkle with 1/2 cup mozzarella and 2/3 cup each of Parmesan and Swiss; spoon a third of the remaining sauce over the top. Repeat layers of noodles, cheeses and sauce twice (dish will be full). Place dish on a baking sheet.

Cover and bake at 350° for 45 minutes. Sprinkle with remaining mozzarella cheese. Bake, uncovered, 10-15 minutes longer or until bubbly and cheese is melted. Let stand for 15 minutes before cutting.

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zesty penne with sausage and peppers

Prep: 10 min.
Total: 30 min.
Makes 4 servings, 2 cups each

What you need!

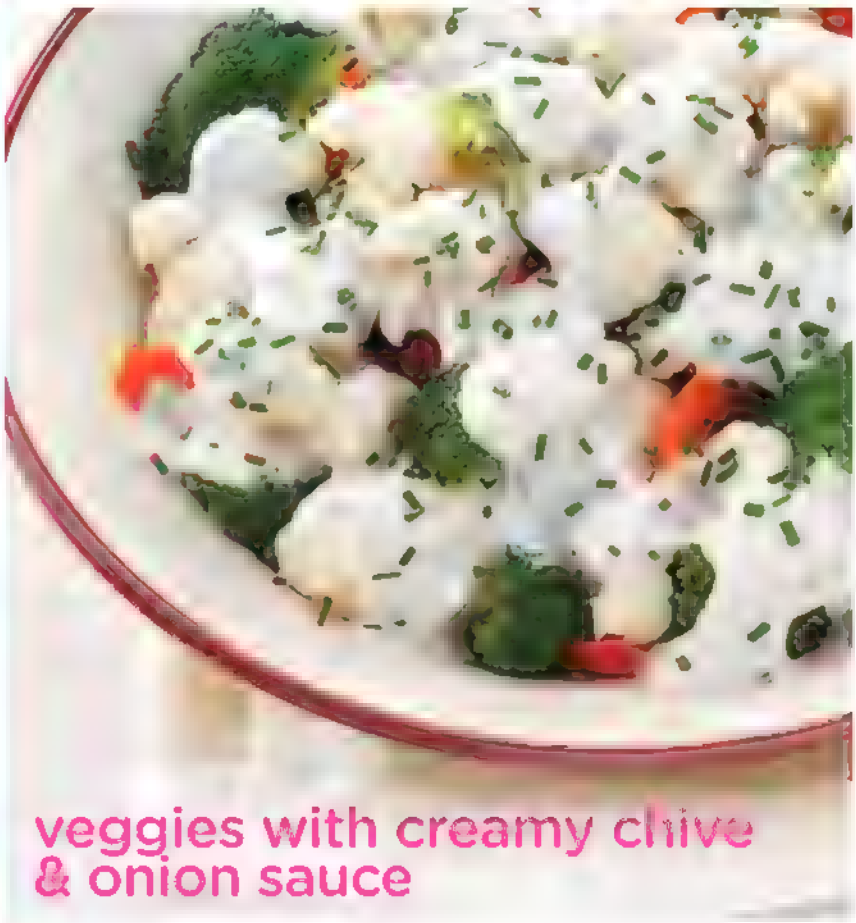
3 cups penne pasta, uncooked
1 lb. Italian sausage
1 each green and red bell pepper, cut into thin strips
1 jar (26 oz.) spaghetti sauce
1 tsp. fennel seed
Dash crushed red pepper
4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, cubed
1/4 cup KRAFT Shredded Parmesan Cheese

Make it!

COOK pasta as directed on package.

MEANWHILE, crumble sausage into large skillet; cook and stir on medium heat 8 min. or until done. Drain. Add bell peppers; cook and stir 5 min. or until crisp-tender. Stir in next 3 ingredients; cook 5 min. or until heated through. Add cream cheese; cook 2 min. or until melted, stirring frequently.

DRAIN pasta. Add to sausage mixture; mix lightly. Top with Parmesan.



veggies with creamy chive & onion sauce

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PAINTING BY JENA WEILER

THE FINE ART OF DOUGHNUT MAKING

Store-bought doughnuts can't compare to these tasty, tender masterpieces

According to *Guinness World Records*, a man named John Haight ate 29 doughnuts in just over 6 minutes in 1981. No word, though, on the length of the nap that surely followed

"I've been making doughnuts since I was a young bride. Here is my favorite recipe, a blue-ribbon winner at the county fair"

Betty Claycomb // ALVERTON, PA

PREP: 25 MIN. + RISING
COOK: 5 MIN./BATCH
YIELD: 20 DOUGHNUTS

2 pkg. (1/4 oz. each) active dry yeast

1/2 cup warm water (110° to 115°)

1/2 cup warm 2% milk (110° to 115°)

1/2 cup sugar

1/2 cup shortening

2 eggs

1 tsp. salt

4-1/2 to 5 cups all-purpose flour

Oil for deep-fat frying

TOPPINGS

1-1/4 cups confectioners' sugar

4 to 6 Tbsp. water

Colored sprinkles and/or assorted breakfast cereals

In a large bowl, dissolve yeast in warm water. Add the milk, sugar, shortening, eggs, salt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a floured surface; roll out to 1/2-in. thickness. Cut with a floured 3-1/2-in. doughnut cutter. Place on greased baking sheets. Cover and let rise until doubled, about 1 hour.

In an electric skillet or deep-fat fryer, heat oil to 375°. Fry doughnuts, a few at a time, until golden brown on both sides. Drain on paper towels.

In a shallow bowl, combine confectioners' sugar and water until smooth. Dip warm doughnuts in glaze; decorate as desired with sprinkles and/or cereals.

Per capita, Canada has more doughnut shops than any other country

A sprinkling of goodies perks up any doughnut and is sure to please your crowd!

>> Jimmies

>> Toasted coconut

>> Mini M&M's

>> Chopped peanuts

>> Edible glitter

>> Ground wafer cookies

>> Crushed candy bars

>> Cinnamon or cocoa sugar

old-time cake doughnuts

"This tender cake doughnut is a little piece of heaven at breakfast. For a richer flavor, I add a tablespoon of dark rum."

Alissa Stehr
GAU-ODERNHEIM, GERMANY

PREP: 30 MIN. + CHILLING
COOK: 5 MIN./BATCH
YIELD: ABOUT 2 DOZEN

2 Tbsp. unsalted butter, softened
1-1/2 cups sugar, divided
3 eggs
4 cups all-purpose flour
1 Tbsp. baking powder
3 tsp. ground cinnamon, divided
1/2 tsp. salt
1/8 tsp. ground nutmeg
3/4 cup 2% milk
Oil for deep-fat frying

In a large bowl, beat butter and 1 cup sugar until crumbly, about 2 minutes. Add eggs, one at a time, beating well after each addition. Combine the flour, baking powder, 1 tsp. cinnamon, salt and nutmeg; add to butter mixture alternately with milk, beating well after each addition. Cover and refrigerate for 2 hours.

Turn onto a heavily floured surface; pat dough to 1/4-in. thickness. Cut with a floured 3-1/2-in. doughnut cutter. In an electric skillet or deep-fat fryer, heat oil to 375°.

Fry doughnuts, a few at a time, until golden brown on both sides. Drain on paper towels. Combine remaining sugar and cinnamon, roll warm doughnuts in mixture.

Nutrition Facts: 1 doughnut equals 198 calories, 8 g fat (1 g saturated fat), 30 mg cholesterol, 112 mg sodium, 29 g carbohydrate, 1 g fiber, 3 g protein.

TEST KITCHEN TIP

For a different sugar topping, sift confectioners' sugar with baking cocoa.

TEST KITCHEN TIP

For the most consistent color on your dough nut [illegible] each doughnut twice [illegible] 10 [illegible]

GLAZED OVER

Dress your favorite doughnut with different glazes to perk up flavor and presentation!

VANILLA GLAZE

Add food coloring and extracts, such as banana, strawberry, almond and orange

CHOCOLATE GLAZE

For an easy glaze, simply thin your favorite chocolate frosting with milk

>> Use coffee instead of milk for a mocha glaze

>> Stir in warmed peanut butter and top with peanuts

>> Add peppermint extract

FLAVORED GLAZES

>> Cider: 2 Tbsp. apple cider, 1 Tbsp. cream and 1 cup confectioners' sugar

>> Maple: 1 cup confectioners' sugar and 3-4 Tbsp. maple syrup

>> Fruit: 2 Tbsp. fruit jam, 1 cup confectioners' sugar and 2 tsp. milk

>> Lemon: Add lemon juice and grated peel to confectioners' sugar

BRANCH OUT!
And build this Doughnut Tree for your next brunch or get-together. For details, visit **tasteofhome.com/doughnuttree**

get ready to

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This popular comfort food is best when it's homemade

TEST KITCHEN TIP

Preparing macaroni and cheese is a great way to use up ends of various cheeses. Shred and combine three or more types for wonderful flavor and texture.

ranch mac & cheese

"I dreamed up the recipe for this creamy and delicious macaroni and cheese, which has a special twist. My husband requests it often."

Michelle Rotunno
INDEPENDENCE, MO

PREP/TOTAL TIME: 30 MIN.
YIELD: 8 SERVINGS

1 pkg. (16 oz.) elbow macaroni
1 cup 2% milk
1/4 cup butter, cubed
1 envelope ranch salad dressing mix
1 tsp. garlic salt
1 tsp. garlic pepper blend
1 tsp. lemon-pepper seasoning
1 cup (4 oz.) shredded Monterey Jack cheese
1 cup (4 oz.) shredded Colby cheese
1 cup (8 oz.) sour cream
1/2 cup crushed saltines
1/3 cup grated Parmesan cheese

Cook macaroni according to package directions. Meanwhile, in a Dutch oven, combine the milk, butter, dressing mix and seasonings; heat through. Stir in Monterey Jack and Colby cheeses until melted. Stir in sour cream.

Drain macaroni; stir into cheese sauce with the saltines. Sprinkle with Parmesan cheese.

baked mac & cheese

"I've added other ingredients like turkey, broccoli and cauliflower, to make this rich dish a full meal. The possibilities are endless."

Denise Hash // BILLINGS, MT

PREP: 20 MIN. BAKE: 20 MIN.
YIELD: 8 SERVINGS

4 cups uncooked spiral pasta
1/4 cup butter, cubed
1/4 cup all-purpose flour
4 cups 2% milk
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground mustard
1/4 tsp. Worcestershire sauce
Dash ground nutmeg
2 cups (8 oz.) shredded cheddar cheese
1 cup cubed process cheese (Velveeta)

Cook pasta according to package directions. In a large saucepan, melt butter; stir in flour until smooth. Gradually add milk; stir in the salt, pepper, mustard, Worcestershire sauce and nutmeg. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in cheeses until melted.

Drain pasta; stir in cheese sauce. Transfer to an ungreased 2-qt. baking dish. Bake, uncovered, at 350° for 20-25 minutes or until bubbly.

bistro mac & cheese

"Made with four kinds of cheese, this satisfying version feels upscale but will fit just about any budget."

Charlotte Giltner // MESA, AZ

PREP/TOTAL TIME: 30 MIN.
YIELD: 8 SERVINGS

1 pkg. (16 oz.) uncooked elbow macaroni
3 Tbsp. butter
3 Tbsp. all-purpose flour
2-1/2 cups 2% milk
1 tsp. salt
1/2 tsp. onion powder
1/2 tsp. pepper
1/4 tsp. garlic powder
1 cup (4 oz.) shredded part-skim mozzarella cheese
1 cup (4 oz.) shredded cheddar cheese
1 pkg. (3 oz.) cream cheese, softened
1/2 cup crumbled Gorgonzola cheese
1/2 cup sour cream

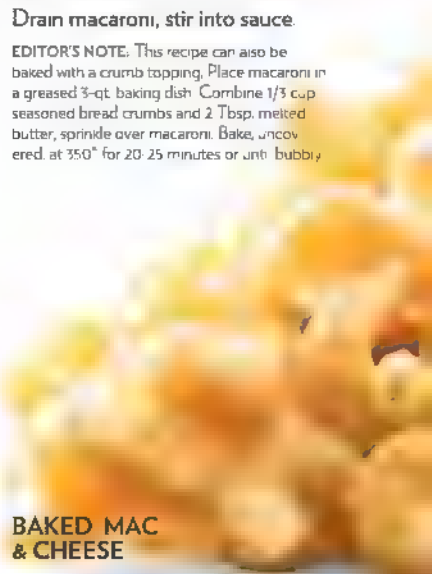
Cook macaroni according to package directions. Meanwhile, in a Dutch oven, melt butter. Stir in flour until smooth. Gradually stir in milk and seasonings. Bring to a boil; cook and stir for 2 minutes or until thickened.

Reduce heat; add cheeses and stir until melted. Stir in sour cream. Drain macaroni; stir into sauce.

EDITOR'S NOTE: This recipe can also be baked with a crumb topping. Place macaroni in a greased 3-qt. baking dish. Combine 1/3 cup seasoned bread crumbs and 2 Tbsp. melted butter; sprinkle over macaroni. Bake, uncovered, at 350° for 20-25 minutes or until bubbly.

Cheese courtesy of Wisconsin Milk Marketing Board

RANCH MAC & CHEESE



BAKED MAC & CHEESE

A TWIST ON TRADITION

Give everyday macaroni and cheese a new life with one of these variations

ASIAN 1-1/2 tsp. Thai chili garlic sauce, water chestnuts sugar snap peas, cabbage, carrots and green onions. Top with chow mein noodles and sesame seeds.

SOUTHWEST Pepper jack cheese, salsa, green chilies, 1-2 Tbsp. taco seasoning cooked seasoned ground beef, onion, tomatoes, olives Mexicorn. Top with crushed tortilla chips.

ITALIAN Pepperoni, mushrooms, diced tomatoes olives, Italian seasoning fresh basil and oregano, shredded mozzarella, pesto and chopped artichoke hearts. Sprinkle with Italian-flavored bread crumbs.

MEDITERRANEAN Kalamata olives cooked shrimp or crabmeat, diced tomato, bell peppers, capers chopped broccoli, spinach, roasted eggplant, garbanzo beans, feta cheese, rosemary or thyme. Top with chopped pine nuts, almonds or walnuts.

MIX IT UP!

Pick and choose from these additional ingredients to create your own recipe:

Meats

- Cooked turkey
- Tuna
- Chicken
- Diced ham
- Sliced smoked sausage links
- Sliced turkey sausage
- Sliced hot dogs
- Bacon

Vegetables

- Green beans
- Onion
- Roasted red pepper
- Chopped pimiento

Spices/Herbs

- Dash hot pepper sauce
- Dash cayenne
- Nutmeg
- Chili powder
- Dried parsley flakes
- Sage
- Chives

Toppings

- Wheat germ
- Buttered, crushed saltine crackers
- Chopped nuts (almonds, walnuts, cashews)
- Buttered soft bread crumbs
- Panko crumbs
- Shredded cheese

TEST KITCHEN TIP

For a fiber boost, use whole wheat pasta in your cheesy mac.

BISTRO MAC & CHEESE

FAT TUESDAY FEASTING

CELEBRATE MARDI GRAS WITH
A FESTIVE SPREAD OF NEW ORLEANS FAVORITES...
AND DON'T FORGET THE PARTY BEADS!

crawfish beignets with cajun dipping sauce

If you're only familiar with sweet beignets, you'll get a kick out of this savory version. You won't be able to eat just one!

Donna Lanclos // LAFAYETTE, LA

PREP: 20 MIN. COOK: 5 MIN./BATCH
YIELD: ABOUT 2 DOZEN
(3/4 CUP SAUCE)

1 egg, beaten

1 lb. chopped cooked crawfish tail meat or shrimp

4 green onions, chopped

1-1/2 tsp. butter, melted

1/2 tsp. salt

1/2 tsp. cayenne pepper

1/3 cup bread flour

Oil for deep-fat frying

3/4 cup mayonnaise

1/2 cup ketchup

1/4 tsp. prepared horseradish, optional

1/4 tsp. hot pepper sauce

In a large bowl, combine the egg, crawfish, onions, butter, salt and cayenne. Stir in flour until blended.

In an electric skillet or deep-fat fryer, heat oil to 375°. Drop tablespoonfuls of batter, a few at a time, into hot oil. Fry until golden brown on both sides. Drain on paper towels.

In a small bowl, combine the mayonnaise, ketchup, horseradish if desired and pepper sauce. Serve with beignets.

shrimp gumbo

It's not Mardi Gras if you don't have gumbo! You'll enjoy this authentic, well-seasoned gumbo even if you're not from Cajun country

Jo Ann Graham // OVILLA, TX

PREP: 30 MIN. COOK: 1 HOUR
YIELD: 11 SERVINGS

1/4 cup all-purpose flour
1/4 cup canola oil
3 celery ribs, chopped
1 medium green pepper, chopped
1 medium onion, chopped
1 carton (32 oz.) chicken broth
3 garlic cloves, minced
1 tsp. salt
1 tsp. pepper
1/2 tsp. cayenne pepper
2 lbs. uncooked large shrimp, peeled and deveined
1 pkg. (16 oz.) frozen sliced okra
4 green onions, sliced
1 medium tomato, chopped
1-1/2 tsp. gumbo file powder
Hot cooked rice

In a Dutch oven over medium heat, cook and stir flour and oil until caramel-colored, about 12 minutes (do not burn). Add the celery, green pepper and onion; cook and stir for 5-6 minutes or until tender. Stir in the broth, garlic, salt, pepper and cayenne; bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Stir in the shrimp, okra, green onions and tomato. Return to a boil. Reduce heat; cover and simmer for 10 minutes or until shrimp turn pink. Stir in file powder. Serve with rice.

EDITOR'S NOTE: Gumbo file powder is used to thicken and flavor Cajun and Creole recipes. If you can't find or don't want to use gumbo file powder, combine 2 Tbsp. each cornstarch and water until smooth. Gradually stir into gumbo. Bring to a boil; cook and stir for 2 minutes or until thickened.

McCormick

Live deliciously

30% less sodium

100% flavor

0% leftovers

30% LESS SODIUM

big-batch jambalaya

"I make this spicy hot dish for our annual Super Bowl party. It leaves my mouth watering for it the rest of the year!"

Kecia McCaffrey // SOUTH DENNIS, MA

PREP: 25 MIN. COOK: 55 MIN.
YIELD: 13 SERVINGS (1 CUP EACH)

1 boneless skinless chicken breast, cubed
3 Tbsp. olive oil, divided
1/2 lb. cubed fully cooked ham
1/2 lb. smoked kielbasa or Polish sausage, cubed
2 medium green peppers, coarsely chopped
2 medium onions, coarsely chopped
6 garlic cloves, minced
2 cans (14-1/2 oz. each) beef broth
1 can (28 oz.) crushed tomatoes
1-1/2 cups water
3/4 cup Dijon mustard
1/4 cup minced fresh parsley
2 Tbsp. Worcestershire sauce
1-1/2 to 2 tsp. cayenne pepper
1/2 tsp. dried thyme
1-1/2 cups uncooked long grain rice
1 lb. uncooked medium shrimp, peeled and deveined

In a Dutch oven, cook chicken in 1 Tbsp. oil until no longer pink, remove and set aside. In the same pan, cook and stir the ham, kielbasa, peppers and onions in remaining oil until onions are tender. Add garlic; cook 1 minute longer.

Stir in the broth, tomatoes, water, mustard, parsley, Worcestershire, cayenne and thyme. Bring to a boil. Reduce heat; cover and simmer for 10 minutes.

Add rice and return to a boil. Reduce heat; cover and simmer for 25-30 minutes or until rice is tender. Stir in shrimp and chicken; cook 2-4 minutes longer or until shrimp turn pink.

Mardi Gras is French for Fat Tuesday, the final day of feasting and festing before Ash Wednesday, when many Christians begin their fasting for Lent. Mardi Gras is observed around the world; the American celebration dates back to 1699.

$3 per serving. Tastes like a million bucks.

For more low-cost, high-flavor meal ideas, visit mccormick.com/value

†Except that when it occurs naturally in yeast extract and hydrolyzed vegetable protein.

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Comfort food just got easier.

Steam n' Mash® Loaded Mashed Potato Casserole

Prep time: 5 min. Cook time: 35-40 min.

Ingredients:

1 bag Ore-Ida® Steam n' Mash® Cut Red Potatoes (or Russet Potatoes)
⅔ cup canned evaporated milk
2 tbsp. butter
4 oz. cream cheese, softened
½ cup sour cream
2 tsp. dried chives
¾ tsp. salt
½ tsp. pepper
1 cup shredded cheddar cheese
¼ cup real bacon crumbles

Directions:

Preheat oven to 350°. Lightly spray 9"x9" baking pan with cooking spray. Microwave Steam n' Mash® Potatoes according to package directions. In medium bowl, mash cooked potatoes, milk and butter. Stir in remaining ingredients, except shredded cheese and bacon, until well combined. Spread mixture in baking pan, top with cheddar cheese and bacon crumbles. Bake for 25 to 30 minutes or until heated through.

Serves 6

Ore-Ida®

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traditional new orleans king cake

This classic cinnamon-swirl cake will add festive fun to your celebration. Hide a tiny plastic baby in the cake—whoever finds it has 1 year of good luck!*

Rebecca Baird // SALT LAKE CITY, UT

PREP: 40 MIN. + RISING
BAKE: 25 MIN. + COOLING
YIELD: 1 CAKE (12 SLICES)

2 pkg. (1/4 oz. each) active dry yeast
1/2 cup warm water (110° to 115°)
3/4 cup sugar, divided
1/2 cup butter, softened
1/2 cup warm 2% milk (110° to 115°)
2 egg yolks
1-1/4 tsp. salt
1 tsp. grated lemon peel
1/4 tsp. ground nutmeg
3-1/4 to 3-3/4 cups all-purpose flour
1 tsp. ground cinnamon
1 egg, beaten

GLAZE
1-1/2 cups confectioners' sugar
2 tsp. lemon juice
2 to 3 Tbsp. water
Green, purple and yellow sugars

In a large bowl, dissolve yeast in warm water. Add 1/2 cup sugar, butter, milk, egg yolks, salt, lemon peel, nutmeg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface. Roll into a 16-in. x 10-in. rectangle. Combine cinnamon and remaining sugar; sprinkle over dough to within 1/2 in. of edges. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Place seam side down on a greased baking sheet; pinch ends together to form a ring. Cover and let rise until doubled, about 1 hour. Brush with egg.

Bake at 375° for 25-30 minutes or until golden brown. Cool completely on a wire rack. For glaze, combine the confectioners' sugar, lemon juice and enough water to achieve desired consistency. Spread over cake. Sprinkle with colored sugars.

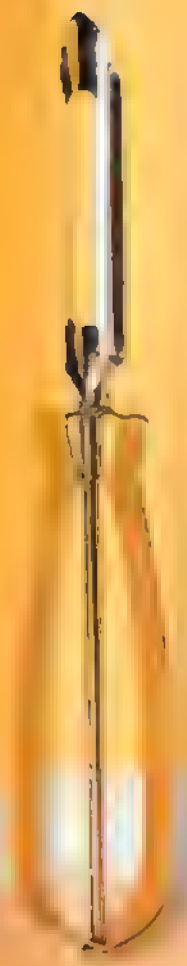
LEGEND OF THE KING CAKE

The King Cake came to New Orleans from France in the 1870s and honors the three kings who visited the baby Jesus. A dried pea, coin or plastic baby, representing the Christ child, is hidden in the cake. Whoever finds the token in his or her piece will have a year of good luck. In some regions, the person who finds the token is treated like royalty for the day and is obliged to provide the next King Cake. Shaped like a crown, the King Cake is decorated in the royal colors of purple, green and gold. Purple stands for justice, green for faith and gold for power.

***Editor's Note:** Don't bake the plastic baby! You can hide a dried pea or coin in the dough before the second rising. But if you're using a plastic baby, wait until the cake is baked and cooled, then cut a small slit in the bottom and insert the token.

Ore-Ida®

Steamnmash.com



Give your potato peeler a time out.

A new way to make real mashed potatoes.

Ore-Ida® Steam n' Mash.® Real peeled and chopped potatoes that you steam in the microwave for 10 minutes—then mash your way.

Now in your grocer's freezer.

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bayou burgers with spicy remoulade

"I like to serve these slightly spicy, Southern-style burgers with sweet potato fries."

Michele Claybrook-Lucas // MEDIA, PA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1 small onion, chopped
2 Tbsp. olive oil
1/4 lb. fully cooked andouille sausage link, casing removed, finely chopped
1 tsp. Creole seasoning
3/4 tsp. garlic powder, divided
1/4 tsp. salt
1/4 tsp. pepper
1 lb. ground turkey
1/4 lb. Italian turkey sausage link, casing removed
4 slices cheddar cheese
1/2 cup Miracle Whip
2 Tbsp. lemon juice
1 Tbsp. hot pepper sauce
2 tsp. sweet pickle relish
1 tsp. capers, drained
4 kaiser rolls, split
1 Tbsp. butter

In a large skillet, saute onion in oil until tender. Add andouille sausage; cook 1 minute longer. Transfer to a large bowl. Stir in the Creole seasoning, 1/4 tsp. garlic powder, salt and pepper. Crumble turkey and turkey sausage over mixture and mix well. Shape into four patties.

In a large skillet over medium heat, cook burgers for 5-7 minutes on each side or until a meat thermometer reads 165° and juices run clear. Top with cheese, cover and cook for 1-2 minutes or until cheese is melted.

For remoulade, in a small bowl, combine the Miracle Whip, lemon juice, pepper sauce, relish and capers. Spread rolls with butter and sprinkle with remaining garlic powder. Broil 4 in. from the heat for 2-3 minutes or until lightly browned. Serve burgers on rolls with remoulade.

EDITOR'S NOTE: The following spices may be substituted for 1 tsp. Creole seasoning: 1/4 tsp. each salt, garlic powder and paprika; and a pinch each of dried thyme, ground cumin and cayenne pepper.

The Mardi Gras parade tradition of float riders throwing trinkets to the crowds began in the 1870s and continues today. Typical "throws" include colorful beads, cups, doubloons and stuffed animals.

BONUS!

For Mardi Gras party tips and a recipe for sweet beignets, visit **tasteofhome.com/mardigras**

okra and butter bean stew

"This stew is adapted from my mom's down-home Louisiana recipe. It turns okra haters into okra lovers, guaranteed."

Kaya Mack // WICHITA FALLS, TX

PREP: 25 MIN. COOK: 45 MIN.
YIELD: 12 SERVINGS (1 CUP EACH)

7 bacon strips, chopped
1 lb. smoked sausage, halved and thinly sliced
1 large onion, chopped
2 small green peppers, chopped
3 cups water
2 cans (16 oz. each) butter beans, rinsed and drained
1 can (14-1/2 oz.) diced tomatoes, undrained
1 can (12 oz.) tomato paste
1 tsp. pepper
1/4 tsp. salt
1 pkg. (16 oz.) frozen sliced okra
Hot cooked rice, optional

In a Dutch oven, cook bacon and sausage over medium heat until bacon is crisp. Remove to paper towels; drain, reserving 2 Tbsp. drippings.

Cook onion and green peppers in drippings until tender. Stir in water, beans, tomatoes, tomato paste, pepper and salt. Bring to a boil. Reduce heat; simmer, uncovered, 10 minutes. Add bacon and sausage; cook 10 minutes longer. Add okra, cover and cook 8-10 minutes or until tender. Serve with rice if desired.

CLOSE TO HOME

CELEBRATING THE PEOPLE AROUND THE *TASTE OF HOME* TABLE

MY NEIGHBOR'S KITCHEN

As a young bride, this reader learned cooking and life lessons at the kitchen table

At some point, you've probably had a neighbor who was exceptional—in a good way. In my lifetime, I've had quite a few. But I want to tell you about one in particular.

When I was a newlywed, my husband and I rented an apartment from a sweetheart of a lady named Mrs Smith. At the time, she was about 79 years old and diabetic. I never thought in a million years that later in life I'd be a diabetic, too.

Mrs Smith would have me over twice a week for fresh turnip greens with Cream of Wheat cornbread and steamed onions. We'd sit at her kitchen table with its daisy-patterned oilcloth and solve the problems of the world. For me, it was a time of first love, marriage and learning about that big, wide world out there. Some of the things Mrs Smith shared with me in her sunny little kitchen were priceless!

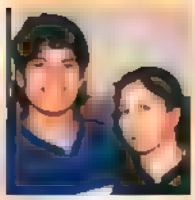
My husband and I lived there about 2 years, and during that time, she taught me how to make a quick spinach casserole, green beans wrapped in bacon and lemon pepper chicken. She showed me how to bake apples without sugar and to cook cabbage that would melt in your mouth.

Her little bits of caring and teaching were such a blessing to me. I'll never forget her small hands, her shiny gray hair, her patience and, most of all, her interest. It's funny how one person can leave you with a heartfelt memory that lasts forever.

I hope you're lucky enough to have a friend like her. God bless her memory, and thank you, Mrs. Smith.

Gloria Pair
PLANO, TX

Do you have a heartwarming kitchen- or food-related story to share?
Send it to editors@tasteofhome.com. Please put "Home" on the subject line.



anand & jemima madhavan

"I can't remember my mother ever making a bad meal for our family. It's the best Indian food I've ever tasted."

—ANAND MADHAVAN // OMAHA, NE

If there is one thing I never forget to say to my mother after dinner it's, "Good food, Mom!"

Sometimes it may sound more automatic than genuine, but I can't remember my mother ever making a bad meal. It's the best Indian food I've ever tasted. And I'm just not saying that to score points with her.

My mom, **Jemima (Jemy) Madhavan**, along with my father, my older brother and I, came to the United States in 1985. For the most part, it has only been us four living in the States, so we have an extremely deep bond.

When my brother, Deepak, and I were children, Mom would make anything we asked for. As we got more into American culture, she'd mix in American foods for us but always stayed true to the Indian cooking she was raised on. I'm now 27 and a marketing professional, and my brother is a neurologist, but Mom still makes our favorites when we come home to Lincoln, NE, where my father is a biochemistry professor. Deepak and I live in Omaha, so we try to eat as a family as much as we can on the weekends.

A few years ago, my mother learned she had diabetes, so she came up with a number of healthier recipes with the same wonderful Indian flavor.

Cooking is just one of her wonderful talents. I cannot truly express how much she means to me and our family. One day soon I hope to repay all the meals she made for me, the prayers she said for me and the tears she shed for me. For now, she knows any meal at the Madhavan house will be rewarded with a simple, heartfelt, "Good food, Mom."

RECALL YOUR MOM'S BEST?
Send at least four recipes and background information to **editors@tasteofhome.com**. If we feature your mom's recipes, you'll earn $75.

minted rice with garbanzo curry

Jemima Madhavan // LINCOLN, NE

Fluffy flavored rice and tender beans in a well-seasoned, aromatic sauce make this easy, meatless main dish a fitting introduction to Indian cooking.

chicken korma

Jemima Madhavan // LINCOLN, NE

"There were days, like after basketball practice, when all I wanted to do was refuel with my mother's korma. It's filling, spicy and delicious."

// CUCUMBER SALAD

PREP/TOTAL T ME: 15 MIN
YIELD: 6 SERVINGS

- 1/2 cup plain yogurt
- 1/2 cup sour cream
- 1/4 tsp. salt
- 1 1/2 cups chopped cucumbers
- 1 medium onion, chopped
- 1 medium tomato, seeded and chopped
- 1 Tbsp. chopped seeded jalapeno pepper
- Fresh cilantro leaves, optional

In a sma l bowl, combine the yogurt, sour cream and salt. Add the cucumbers, onion, tomato and jalapeno; stir until blended. Garnish with cilantro if desired.

Editor's Note: When cutting hot peppers, wear disposable gloves. Avoid touching your face or eyes.

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// CHICKEN KORMA

PREP: 20 M N COOK: 25 M N
YIELD: 4 SERVINGS

- 1 large potato, peeled and cut into 1/2-in. cubes
- 1 large onion, chopped
- 1 cinnamon stick (3 in.)
- 1 bay leaf
- 3 whole cloves
- 1 Tbsp. canola oil
- 1 lb. boneless skinless chicken breasts, cut into 1/2-in. cubes
- 1 garlic clove, minced
- 1 tsp. curry powder
- 1/2 tsp. minced fresh gingerroot
- 2 medium tomatoes, seeded and chopped
- 1 tsp. salt
- 1/2 cup sour cream
- Hot cooked rice

P ace potato in a sma l saucepan and cover with water. Bring to a bo l. Reduce heat; cover and cook for 10-15 m nutes or until tender. Drain.

In a large sk llet, saute the onion, cinnamon, bay leaf and cloves in o l until onion is tender. Add the chicken, garlic, curry and ginger; cook and stir 1 m nute longer. Stir in the tomatoes, salt and potato.

Cover and cook for 10-15 m nutes or until ch cken s no longer pink. Remove from the heat; discard cinnamon, bay leaf and cloves. Stir in sour cream. Serve with rice.

EDITOR'S NOTE: For Jenny's own curry powder blend, turn to page 39

tasteofhome com

// MINTED RICE WITH GARBANZO CURRY

PREP: 20 M N COOK: 20 MIN
YIELD: 3 SERVINGS

- 1 cinnamon stick (3 in.)
- 2 whole cloves
- 1/8 tsp. cumin seeds
- 2 tsp. canola oil
- 1 cup uncooked long grain rice
- 2 cups water
- 1/2 cup minced fresh mint

GARBANZO CURRY:

- 1 medium onion, chopped
- 1 cinnamon stick (3 in.)
- 1 Tbsp. canola oil
- 1 tsp. curry powder
- 1 garlic clove, minced
- 1/4 tsp. minced fresh gingerroot
- 1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained
- 1 cup water
- 1 can (8 oz.) tomato sauce
- 2 Tbsp. lemon juice
- 1/2 tsp. salt
- 1/2 cup minced fresh cilantro

n a large saucepan over medium heat, saute the cinnamon, c oves and cum n seeds in oil unt l aromat c, about 1-2 minutes. Add rice; cook and stir unt l lightly browned. Add water and m nt. Br ng to a boil. Reduce heat; cover and simmer for 15-20 minutes or unt l r ce is tender.

Meanwhile, n a large sk llet, saute onion and cinnamon in oil until onion is tender. Add the curry, garl c and ginger; cook 1 minute longer. Add the garbanzo beans, water, tomato sauce, lemon juice and salt; bring to a boi . Reduce heat, simmer, uncovered, for 4-6 minutes or unt slightly thickened. Discard cinnamon; stir in cilantro.

Fluff rice with a fork. Discard cinnamon and cloves. Serve with garbanzo curry.

// CARROT SALAD

PREP: 15 MIN. + CHILL NG
YIELD: 4 SERVINGS

- 2 medium carrots, grated
- 1 medium tomato, seeded and chopped
- 1/2 cup plain yogurt
- 1/2 cup sour cream
- 1/4 cup raisins
- 1/4 cup finely chopped red onion
- 1/2 tsp. salt
- Fresh cilantro leaves and coarsely ground pepper, optional

n a sma l bow , comb ne the first seven ingredients. Cover and refrigerate until ch lled. Garnish w th c antro and pepper if desired.

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LUCKY LEAF tastes like

Girls' Night In

LUCKY LEAF

NOW with MORE FRUIT
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field editor favorites

mickey turner
GRANTS PASS, OR

casual comfort

HEARTY MENU REFLECTS HER DOWN-HOME COOKING STYLE

PERSONAL

I live in Grants Pass, OR, with my husband, Jim, who works in marketing. We have four children and four grandchildren. I work part-time for a small company that ships clock parts all over the world. I also keep busy as a homemaker, and that is where my heart has always been.

PASSIONS

My love of cooking began after I married my husband and best friend 40 years ago. I enjoy collecting recipes, quilting, Bible study and the outdoors—kayaking, camping and visiting the Pacific Ocean, just 2 hours away.

WHAT IS YOUR COOKING STYLE?

I don't consider myself a gourmet cook. I prefer down-home cooking. My style has changed over the years, however. I try to serve healthier foods and follow a low-glycemic diet. I use my slow cooker a lot!

WHAT KIND OF HEALTHY FOODS DO YOU PREPARE?

Living in southern Oregon, we're blessed with lots of fresh fish. (I grew up on fish, venison, ducks and geese.) I enjoy making and eating hearty soups with homemade bread. I make about 12 loaves at a time, freeze some and give some away. I even grind my own grain.

DO YOUR CHILDREN SHARE YOUR LOVE OF COOKING?

I home-schooled our children, which gave our three daughters—Tami, Amy and Anne—the chance to work in the kitchen. Each of us has entered many recipe contests and cook-offs, and collected some cash and prizes, too. Our son, Scott, is also handy in the kitchen.

WHAT'S ONE VALUABLE PIECE OF COOKING ADVICE YOU SHARED WITH THEM?

Set out all your ingredients before you begin and clean up as you go to make for a pleasant cooking experience.

hearty meatless minestrone

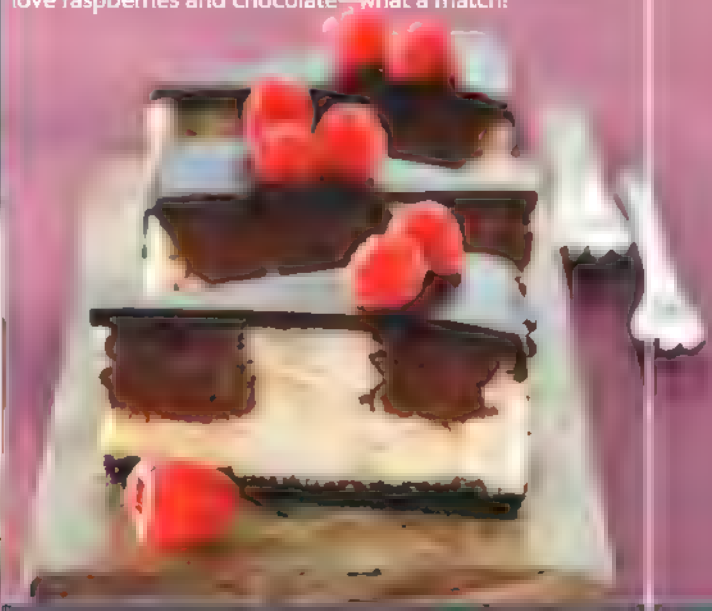
Mickey Turner GRANTS PASS, OR

"A friend gave me this quick, healthy and tasty recipe. It makes a big batch and is great for leftovers. To enhance the flavor, add a pound or two of sweet Italian sausage."

chocolate raspberry cheesecake

Mickey Turner GRANTS PASS, OR

love raspberries and chocolate—what a match!"



sunflower seed & honey wheat bread

Mickey Turner GRANTS PASS, OR

our home. I won $50 in a bake-off with a loaf that I had stored in the freezer."

chunky blue cheese dressing

Mickey Turner GRANTS PASS, OR

"This recipe came from my sister-in-law, who's an excellent cook. Sometimes I substitute gorgonzola cheese, which also works well."

CHOCOLATE RASPBERRY CHEESECAKE

PREP: 40 MIN. BAKE: 65 MIN. + CHILLING
YIELD: 16 SERVINGS

1-1/2 cups cream-filled chocolate sandwich cookie crumbs

2 Tbsp. butter, melted

4 pkg. (8 oz. each) cream cheese, softened

1-1/4 cups sugar

1 cup (8 oz.) sour cream

1 tsp. vanilla extract

3 eggs, lightly beaten

9 oz. semisweet chocolate, chopped

1/2 cup seedless raspberry preserves

TOPPING:
6 oz. semisweet chocolate, chopped

1/3 cup heavy whipping cream

Fresh raspberries and whipped cream, optional

Place a greased 9-in. springform pan on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan. Combine cookie crumbs and butter; press onto the bottom of prepared pan.

In a large bowl, beat cream cheese and sugar until smooth. Beat in sour cream and vanilla. Add eggs; beat on low speed just until combined. Set aside 1-1/2 cups batter. Pour remaining batter over crust.

In a microwave, melt chocolate; stir in preserves until blended. Stir in reserved batter. Just until blended. Drop by tablespoonfuls over the plain batter (do not swirl). Place springform pan in a large baking pan; add 1 in. of hot water to larger pan.

Bake at 325° for 65-75 minutes or until center is just set and top appears dull. Remove springform pan from water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer.

For topping, place chocolate in a small bowl. In a small saucepan, bring cream just to a boil. Pour over chocolate; whisk until smooth. Cool slightly. Spread over top of cheesecake. Refrigerate overnight. Garnish with raspberries and whipped cream if desired.

HEARTY MEATLESS MINESTRONE

PREP: 30 MIN. COOK: 40 MIN.
YIELD: 8 SERVINGS (3 QT.)

1 large onion, chopped

3 Tbsp. olive oil

2 celery ribs, chopped

2 medium carrots, chopped

1 cup chopped cabbage

1 medium green pepper, chopped

1 medium zucchini, chopped

6 garlic cloves, minced

3-1/2 cups water

2 cans (14-1/2 oz. each) diced tomatoes, undrained

1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained

1 can (15 oz.) tomato puree

1 can (8 oz.) tomato sauce

3 Tbsp. dried parsley flakes

2 tsp. dried basil

2 tsp. dried oregano

1 tsp. salt

1/2 tsp. pepper

1/4 tsp. cayenne pepper

1/2 cup small pasta shells

Fresh basil leaves and shaved Parmesan cheese, optional

In a Dutch oven, saute onion in oil for 2 minutes. Add the celery, carrots, cabbage, green pepper, zucchini and garlic; saute 3 minutes longer. Stir in the water, tomatoes, beans, tomato puree, tomato sauce and seasonings. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

Stir in pasta; cook 12-15 minutes longer or until tender. Garnish each serving with basil and cheese if desired.

CHUNKY BLUE CHEESE DRESSING

PREP: 5 MIN. + CHILLING
YIELD: 1-1/2 CUPS

1 cup (8 oz.) sour cream

1 cup (4 oz.) crumbled blue cheese

1/4 cup mayonnaise

1 Tbsp. red wine vinegar

2 garlic cloves, minced

In a small bowl, combine all ingredients. Cover and refrigerate for at least 1 hour.

SUNFLOWER SEED & HONEY WHEAT BREAD

PREP: 40 MIN. + RISING. BAKE: 35 MIN.
YIELD: 3 LOAVES (12 SLICES EACH)

2 pkg. (1/4 oz. each) active dry yeast

3-1/4 cups warm water (110° to 115°)

1/4 cup bread flour

1/3 cup canola oil

1/3 cup honey

3 tsp. salt

6-1/2 to 7-1/2 cups whole wheat flour

1/2 cup sunflower kernels

3 Tbsp. butter, melted

In a large bowl, dissolve yeast in warm water. Add the bread flour, oil, honey, salt and 4 cups whole wheat flour. Beat until smooth. Stir in sunflower kernels and enough remaining flour to form a firm dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; divide into three portions. Shape into loaves; place in three greased 8-in. x 4-in. loaf pans. Cover and let rise until doubled, about 30 minutes. Bake at 350° for 35-40 minutes or until golden brown. Brush with melted butter. Remove from pans to wire racks to cool.

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CLOSE TO HOME

COOKS WHO CARE

ANGELS IN APRONS

Angels aren't always outfitted with halos and wings. Some come equipped with bowls, beaters and lots of cake pans

Tina Ellis, left, and Amanda Bowyer

At least that's true of the angels who bake for **Angel Cakes Charity**, a nonprofit organization in the Boise, ID, area that creates special-occasion cakes for hospice patients, underprivileged kids, veterans, families at the Ronald McDonald House, and others. Since starting in 2008, Angel Cakes has averaged 50 homemade cakes a month, says Tina Ellis, the charity's founder and executive director.

"Angel Cakes Charity was born out of my love for baking and the realization that there are children not receiving a cake to celebrate their birthday," says Tina.

About 60 volunteers, known as Angel Bakers, donate the ingredients, decorations and wrappings for the cakes. The volunteers range from beginning bakers to experts and can choose to bake from once a month to twice a week.

"I just do this because I love to do it," says Amanda Bowyer, an Angel Baker from Caldwell, ID. She discovered the joy of baking as a child, thanks to her Easy-Bake Oven. "I especially like decorating the kids' cakes. I love the bright, vibrant colors," she says. "Growing up, I always had a special cake on my birthday, so it's hard for me to imagine a child not having one."

A Wilton-trained cake decorator, Amanda has taught workshops to other Angel Bakers. She has 200 cake pans she lends out to make specially shaped cakes for the recipients.

"The recipients are so thankful," she says. "It means a lot to them that someone cared enough to spend the time to do that for them."

YUM!
Amanda shares her Orange Grove Cake recipe at **cookswhocare.com**

You'll find more stories about people who use their cooking skills to help others, plus Amanda's White Chocolate Raspberry Cake recipe, in the Cooks Who Care edition of *The Taste of Home Cookbook*, available wherever books are sold and at **ShopTasteofHome.com**.

LENDING A HAND

November 9-15 marked the second annual **Cooks Who Care Week**, and what a week it was! From baking to serving and collecting food, just about everyone at *Taste of Home* and our RDA-Milwaukee family pitched in.

- An employee bake sale raised more than $375 for **Children's Hospital of Wisconsin**.
- Staff contributed more than 4,000 pounds of food for **Milwaukee's Hunger Task Force**.
- TOH Food Director Diane Werner and *Healthy Cooking* Food Editor Peggy Woodward taught a cooking class to members of a local **boys & girls club**.
- Staff members served meals to the needy at **local meal programs**.
- Employees donated items to outfit 24 apartment kitchens for families in need, built by **United Methodist Children's Services of Milwaukee**. Several companies also donated everything from complete dish sets to small appliances, a total of $35,000 in merchandise.

For a complete list of donating companies and more information on National Cooks Who Care Week activities, visit **cookswhocare.com**.

taste of home
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Taste of Home's enthusiastic team of volunteer editors from across the U S and Canada share recipes, t ps and more with our staff and on line community Take a look. maybe one of them lives in your neighborhood!

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RECIPE INDEX
FEBRUARY/MARCH 2010

taste of home

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APPETIZERS & SNACKS

Asparagus, Brie & Parma Ham Crostini - 84¢ 29
Chicken Salad Caprese - $2.87 28
Crawfish Beignets with Cajun Dipping Sauce - 53¢ 72
*Mamma's Caponata - 39¢ 29
Tapas Meatballs with Orange Glaze - 60¢ 55

BREADS, MUFFINS & ROLLS

*BRANana Bread - 28¢ 32
Caramel-Pecan Monkey Bread - 27¢ 36
*French Loaves - 11¢ 38
*Light and Lemony Poppy Seed Bread - 29¢ 34
Onion & Cheddar Biscuits - 30¢ 40
Sunflower Seed & Honey Wheat Bread - 13¢ 85

BREAKFAST/ BRUNCH

First-Prize Doughnuts - 29¢ 66
Old-Time Cake Doughnuts - 17¢ 67
Roadside Diner Cheeseburger Quiche - $1.31 55

CONDIMENTS

Curry Powder - 6¢ 39

DESSERTS

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Box-of-Chocolates Cupcakes - 43¢ 18
Chocolate Raspberry Cheesecake - 93¢ 85
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Big-Batch Jambalaya - $1.79 75
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Chicken Korma - $1.75 81
Cream Cheese and Swiss Lasagna - $2.14 59
*Easy Chicken Potpie - $1.33 42
Greek Meat Loaves - $1.15 57
Hot Tamale Casserole - $2.04 57
Italian Shepherd's Pies - $1.74 59
Minted Rice with Garbanzo Curry - $3.47 81
Pasta alla Puttanesca - $2.13 25
Presto Chicken Tacos - $1.15 47
Ragu Bolognese - $1.26 26
Ranch Mac & Cheese - 97¢ 70
Tacoritos - $1.73 55
Verde Sauce - $2.67 26

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Carrot Salad - 67¢ 81
Chunky Blue Cheese Dressing - 52¢ 85
Cucumber Salad - 47¢ 81

SANDWICHES & WRAPS

Bayou Burgers with Spicy Remoulade - $2.41 78
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Herb & Cheese-Stuffed Burgers - $1.67 55
*Tangy Pulled Pork Sandwiches - $1.73 42

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Hearty Cabbage Soup - $1.46 50
Hearty Meatless Minestrone - $1.29 85
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Okra and Butter Bean Stew - $1.09 78
Rootin'-Tootin' Cincinnati Chili - $1.90 57
Shortcut Split Pea Soup - $1.02 51
Shrimp Gumbo - $2.66 73
Tomato Tortellini Soup - $1.09 50

MORE!

COOKING FOR 2?

Our Test Kitchen has "paired down" some recipes from this issue. Find their "serves 2" versions at **tasteofhome.com/plus**

Baked Mac & Cheese for Two 70
Bayou Burgers with Spicy Remoulade for Two 78
Chipotle Cheeseburgers for Two 59
Cucumber Salad for Two 81
Tacoritos for Two 55

COSTS ARE PRICE PER SERVING

*RECIPE INCLUDES NUTRITION FACTS

NUTRITION FACTS FOR ALL RECIPES ARE AVAILABLE AT **TASTEOFHOME.COM/PLUS**

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